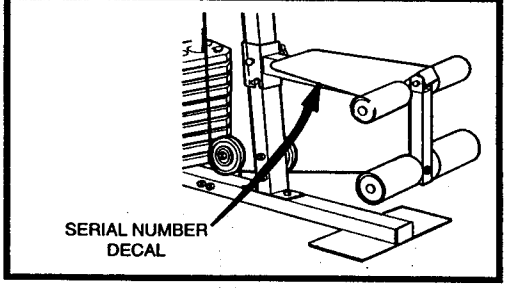
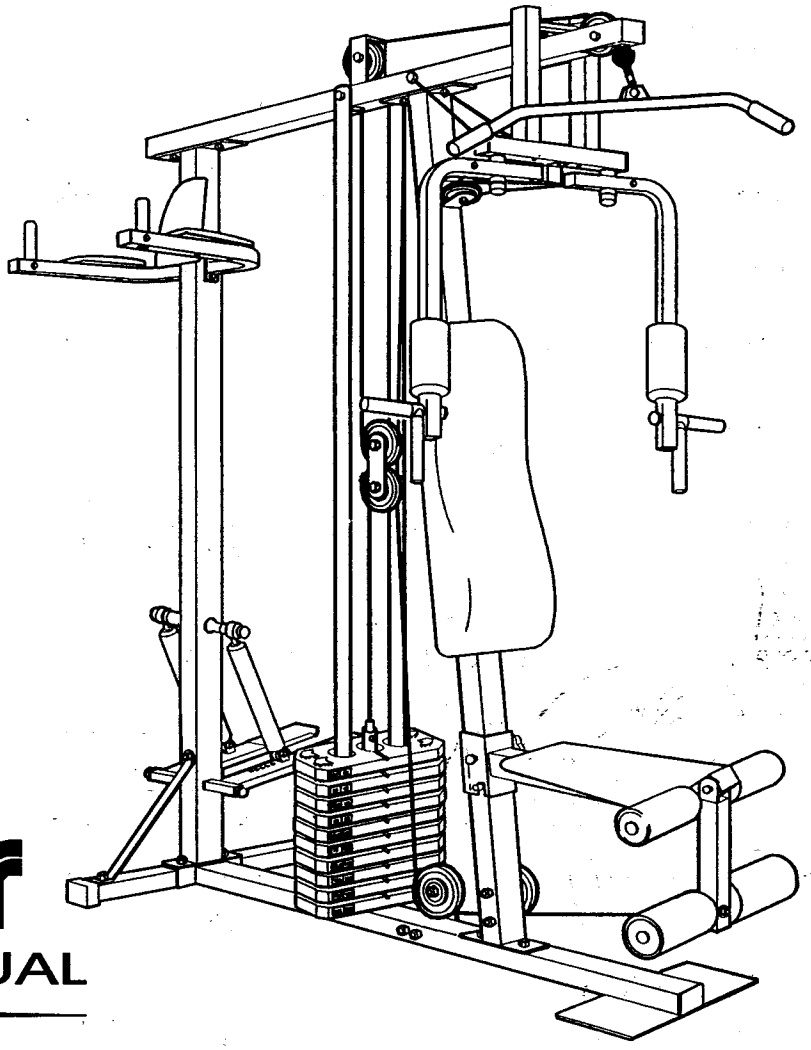
VICTORY

POWERMAX III CROSS TRAINER / HOME GYM SYSTEM

MODEL NO. 70193
SERIAL NO.
Write serial number in the space above for reference.





APPROXIMATE WEIGHT:
286 LBS.
APPROXIMATE SET UP DIMENSIONS:
59"L X 47"W X 76"H

weider

OWNER'S MANUAL

MADE IN CANADA

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.
Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

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WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Keep small children away from this equipment during use.
6. Do not allow children to play on this equipment unattended.
7. Wear appropriate workout attire, including running or aerobic shoes, when using the stepper.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

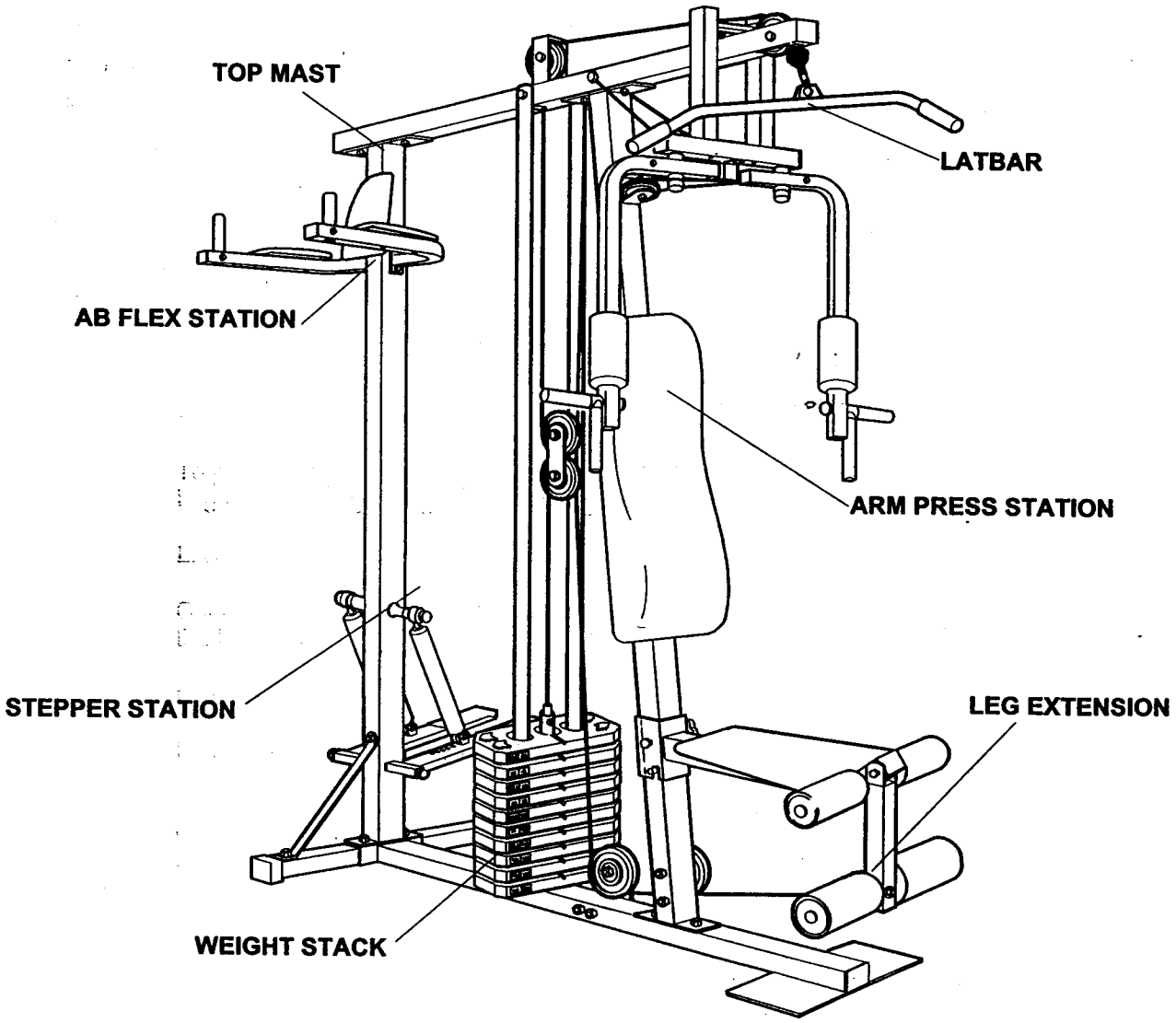
SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for choosing the **WEIDER VICTORY POWER MAX III.** Your home gym is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



MAINTENANCE TIPS

Keeping your **WEIDER VICTORY POWER MAX III** in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check fasteners, nuts, bolts, and caps to see that they are tight and fitted properly.

2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.

3. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent.

70193 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	BASE FRAME	1	C4226-G16*G16
2	ARM PRESS UPRIGHT	1	C1252-F67*G16
3	REAR BASE TUBE	1	C4227-G16*G16
4	STEPPER UPRIGHT	1	C1253-F67*G16
5	STRAP BRACE	1	C4147-F67*G16
6	STEPPER PEDAL	2	C4106-F42*G16
7	BASE PULLEY BRACKET	1	C6276-F67*G16
8	SUPPORT BRACE	1	C6277-F67*G16
9	GUIDE ROD	2	C6841-F67*G16
10	WEIGHT PLATE - 12.5 LB.	10	BB-0325*G16
11	SELECTOR TUBE	1	C6374-F21*G16
12	TOP FRAME	1	C4148-F67*G16
13	BACKREST	1	C1432-G16*G16
14	SEAT FRAME	1	C4149-F67*G16
15	SEAT MOUNTING BRACKET	1	C6765-F21*G16
16	SEAT	1	C1406-F67*G16
18	FOAM ROLLER - 3 1/4" X 7" X 3/4"	4	C0443-E02*G16
19	LEG EXTENSION	1	C4150-F67*G16
21	PLASTIC PEDAL TREADS	2	AA-8195*G16
22	PAD BAR - 3/4" X 15 1/2"	2	C7323-G16*G16
23	4" LONG HALF ROUND PLASTIC PIVOT BUSHING	2	AA-8242*G16
24	ARM PRESS PIVOT FRAME	1	C4152-F67*G16
26	ARM PRESS ARM	2	C4228-G16*G16
27	FOAM ROLLER - 3 3/4" X 8" X 1 5/8" I.D.	2	C0484-G16*G16
29	PLASTIC HAND GRIP - 1" I.D. X 5"	8	AA-8255*G16
30	RESISTANCE CYLINDER	2	ZZ-0004*G16
31	CYLINDER MOUNTING BRACKET	2	C7722-F67*G16
32	LAT CABLE - 127"	1	C6658-F67*G16
33	PULLEY - 4 1/2"	4	AA-8122*G16
34	PULLEY - 3 1/2"	6	AA-8133*G16
35	2" X 3 1/2" LONG PULLEY PIVOT BRACKET	1	C7716-F67*G16
36	3" "L" CABLE TRAP BRACKET	4	C7717-F67*G16
37	3 1/2" LONG "U" BRACKET	2	C7718-F67*G16
38	4" LONG ARM PRESS PIVOT BRACKET	2	C7719-F67*G16
39	3" LONG "U" PULLEY BRACKET	1	C7720-F67*G16
40	WEIGHT STACK CABLE - 88"	1	C6659-F67*G16
41	PLASTIC GUIDE BRACKET	1	AA-8241*G16
42	5 3/4" LONG FLAT DUAL CABLE CONNECTOR BRACKET	2	C7721-F68*G16
43	DIP ARM	2	C4153-F67*G16

70193 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
44	DIP HANDLE	2	C7309-F67*G16
45	SMALL ARM PAD	2	C1407-F67*G16
46	DIP STATION BACKREST	1	C1408-F67*G16
47	ARM PRESS CAP	1	C6279-F67*G16
49	5/16" X 2" EYE-BOLT	1	HH-5344*G16
50	5/16" FLAT WASHER	20	HH-5127*G16
51	5/16" NYLON LOCK NUT	32	HH-5012*G16
52	5/16" X 2 1/4" HEX HEAD BOLT	3	HH-5199*G16
53	5/16" X 2 3/4" HEX HEAD BOLT	10	HH-5058*G16
54	5/16" X 2 1/2" HEX HEAD BOLT	2	HH-5053*G16
55	5/16" X 1 1/2" HEX HEAD BOLT	4	HH-5312*G16
56	5/16" X 2 3/4" CARRIAGE BOLT	3	HH-5521*G16
57	5/16" X 3" HEX HEAD BOLT	2	HH-5167*G16
58	5/16" X 2" HEX HEAD BOLT	3	HH-5054*G16
60	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*G16
61	5/16" X 3 1/2" HEX HEAD BOLT	1	HH-5294*G16
62	3/8" FLAT WASHER	5	HH-5265*G16
63	3/8" NYLON LOCK NUT	10	HH-5088*G16
64	3/8" X 2" HEX HEAD BOLT	4	HH-5244*G16
65	3/8" X 1 3/4" HEX HEAD BOLT	4	HH-5308*G16
68	3/8" X 2 3/4" HEX HEAD BOLT	1	HH-5238*G16
69	3/8" X 3 1/2" HEX HEAD BOLT	1	HH-5062*G16
70	1/4" FLAT WASHER	10	HH-5048*G16
71	1/4" NYLON LOCK NUT	6	HH-5011*G16
72	1/4" X 2 1/2" ROUND HEAD SCREW	4	HH-5044*G16
73	1/4" X 2" CARRIAGE BOLT	2	HH-5338*G16
74	1/4" X 3/4" ROUND HEAD SCREW	8	HH-5022*G16
75	1/4" X 2" ROUND HEAD SCREW	4	HH-5256*G16
77	5/16" X 2 1/2" CARRIAGE BOLT	3	HH-5324*G16
78	"L" LOCKING PIN	2	WW-7075*G16
79	1/2" LONG SELF TAPPING PHILLIPS HEAD SCREW	2	HH-5448*G16
80	2" SQUARE PLASTIC INSERT CAP	3	AA-8002*G16
81	2" SQUARE RUBBER COVER CAP	2	AA-8221*G16
82	1" ROUND PLASTIC COVER CAP	4	HH-5348*G16
83	1 1/4" SQUARE PLASTIC INSERT CAP	1	AA-8069*G16
84	1 1/2" SQUARE PLASTIC INSERT CAP	4	AA-8001*G06
85	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*F67
86	1 3/4" SQUARE PLASTIC INSERT CAP	6	AA-8006*F67
87	1" ROUND PLASTIC INSERT CAP	4	AA-8005*G16

70193 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
88	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*G16
89	5/16" X 6" HEX HEAD BOLT	1	HH-5535*G16
90	1/2" O.D. X 3/4" LONG METAL SPACER	2	HH-5259*G16
91	1" LONG METAL BUSHING - 1/2" O.D.	1	HH-5491*G16
92	1/2" LONG METAL SPACER - 1/2" O.D.	3	HH-5346*G16
94	1/2" O.D. X 3/8" LONG METAL SPACER	2	HH-5530*G16
95	1 1/2" SQUARE PIVOT BUSHING	4	AA-8203*G16
96	1" SPRING RETAINER RING	6	HH-5423*G16
97	1" LONG PLASTIC SLEEVE - 5/16" I.D.	1	AA-8243*G16
98	LARGE ROUND RUBBER WASHER	2	AA-8124*G16
99	RUBBER SELECTOR TUBE END PLUG	1	AA-8123*G16
100	WEIGHT SELECTOR PIN	1	WW-7013*G16
101	THREADED PLASTIC KNOB - 3/8"	2	HH-5341*G16
102	5/8" SPRING RETAINER RING	2	HH-5422*G16
103	5/8" I.D. X 1 5/8" FLAIR END PLASTIC BUSHING	2	AA-8148*G16
105	"S" HOOK	2	WW-7055*G16
106	LAT BAR	1	C6849-F67*G16
107	LEG STRAP / ARM CURL HANDLE	1	EE-0075*G16
108	LINKING CHAIN - 12"	1	WW-7072*G16
110	THREADED PLASTIC KNOB - 5/16"	1	HH-5400*G16
111	LATCH HOOK	1	WW-7042*G16
120	POWER MAX TOP MAST DECAL	1 SET	DE-4393*G16
121	STATION 1 DECAL	1 SET	DE-4393*G16
122	STATION 3 DECAL	1 SET	DE-4393*G16
123	WEIGHT PLATE DECAL	1 SET	DE-4393*G16
124	RESISTANCE SCALE DECAL	1 SET	DE-4393*G16
125	POWER STACK DECAL	1 SET	DE-4393*G16
126	STATION 2 DECAL	1 SET	DE-4393*G16
	ASSEMBLY MANUAL	1	CNN-1270-*G16
	WALL CHART	1	CNN-1269*G16
	HARDWARE BAG STEP 1 - 2 - 3 - 4	1	CC8826-G16*G16
	HARDWARE BAG STEP 5 - 6 - 7	1	CC8827-G16*G16
	HARDWARE BAG STEP 8 - 9 - 10	1	CC8828-G16*G16

ORDERING PARTS

CONGRATULATIONS on selecting a WEIDER FITNESS PRODUCT. You have joined thousands of health conscious men and women in the growing family of WEIDER CUSTOMERS.

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR * OWNER'S REGISTRATION CARD * WITHIN THE NEXT 10 DAYS.

Simply mail your *OWNER'S REGISTRATION CARD* to receive all benefits to which you are entitled.

***WARRANTY VERIFICATION* : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.**

***OWNER CONFIRMATION* : Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.**

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.

2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.

3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER:

1. **Name of the Product (VICTORY POWERMAX III)**
2. **Model Number of the Product (70193)**
3. **Ordering Number of the Part (See Parts List Page)**
4. **Description of the Part from the Parts List Page.**
5. **Country of the Manufacturer (See Cover)**

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

IMPORTANT

DURING THE FOLLOWING ASSEMBLY STEPS, YOU WILL FIND ASSEMBLY INSTRUCTIONS SHADED IN BOXES SUCH AS THIS. THESE ASSEMBLIES HAVE BEEN DONE AT THE FACTORY FOR YOUR CONVENIENCE. SEVERAL OF THESE PRE-ASSEMBLED STEPS HAVE ONLY BEEN FASTENED FINGER TIGHT. YOU WILL BE INSTRUCTED TO TIGHTEN THESE ASSEMBLIES DURING THE STEP INSTRUCTIONS. THE ENTIRE ASSEMBLY IS SHOWN AND WRITTEN OUT SO THAT ALL PARTS INCLUDED IN THAT ASSEMBLY CAN BE MORE EASILY SEEN.

STEP 1 FRAME ASSEMBLY

	PART NAME	QTY
50	5/16" FLAT WASHER	3
51	5/16" NYLON LOCK NUT	8
53	5/16" X 2 3/4" HEX HEAD BOLT	2
55	5/16" X 1 1/2" HEX HEAD BOLT	1
56	5/16" X 2 3/4" CARRIAGE BOLT	2
58	5/16" X 2" HEX HEAD BOLT	1
77	5/16" X 2 1/2" CARRIAGE BOLT	2
80	2" SQUARE PLASTIC INSERT CAP	1
81	2" SQUARE RUBBER COVER CAP	2
83	1 1/4" SQUARE PLASTIC INSERT CAP	1
97	1" LONG PLASTIC SLEEVE	1

☐ *Cap the front end of the* **BASE FRAME (1)** *with a* **2" SQUARE PLASTIC INSERT CAP (80).**

☐ *Cap the end of the Welded Stopper Tube on the* **ARM PRESS UPRIGHT (2)** *with a* **1 1/4" SQUARE PLASTIC INSERT CAP (83).**

☐ *With the* **BASE FRAME (1)** *oriented so the welded plate at the front of the Base will be to the ground when assembled, fasten the* **ARM PRESS UPRIGHT (2)** *to the front section of the Base with two* **5/16" X 2 1/2" CARRIAGE BOLTS (77)** *and* **5/16" NYLON LOCK NUTS (51).** *Note that the* **UPRIGHT (2)** *should tilt back toward the rear of the Base when assembled.*

☐ *Select the* **2" SQUARE X 42" LONG REAR BASE TUBE (3).**

☐ *Cap each end of the* **REAR BASE TUBE (3)** *with a* **2" SQUARE RUBBER COVER CAP (81).**

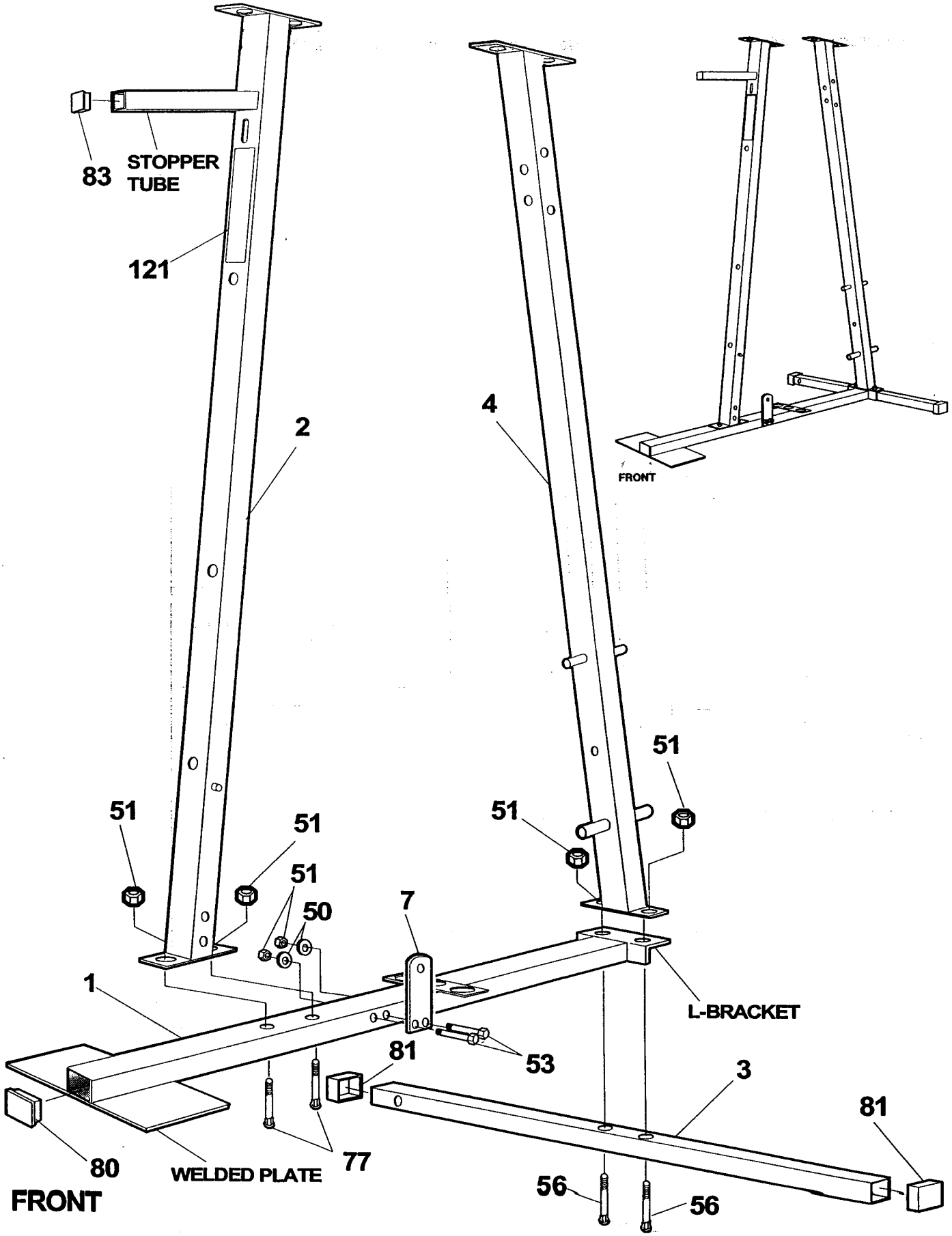
☐ *Position the* **REAR BASE TUBE (3)** *into the "L" bracket of the* **BASE FRAME (1)** *so the longest section of the* **REAR BASE TUBE (3)** *is to the right (as you face the front of the unit). Bolt up through the Rear Base Tube and Bracket with* **5/16" X 2 3/4" CARRIAGE BOLTS (56).**

☐ *Sit the* **STEPPER UPRIGHT (4)** *over the Bolts so the Plate at the top of the Upright slants upward from the back to the front.*

☐ *Bolt the* **BASE FRAME (1)** *and* **UPRIGHT (4)** *securely with* **5/16" NYLON LOCK NUTS (51).**

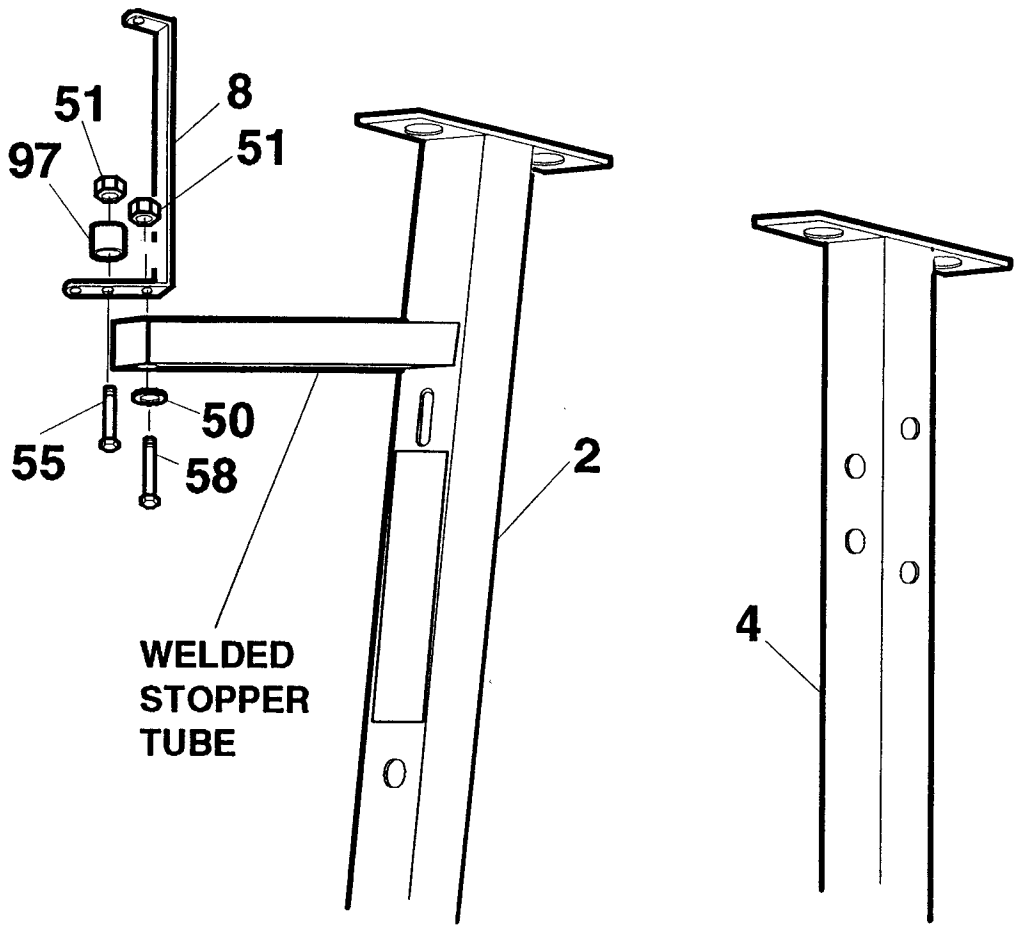
☐ *Locate the* **BASE PULLEY BRACKET (7).** *(This is a flat plate 2" X 6" with two holes at one end and a single hole at the other.) Assemble this Bracket to the right side of the* **BASE FRAME (1)** *with two* **5/16" X 2 3/4" HEX HEAD BOLTS (53).** *Secure with* **5/16" FLAT WASHERS (50)** *and* **5/16" NYLON LOCK NUTS (51).**

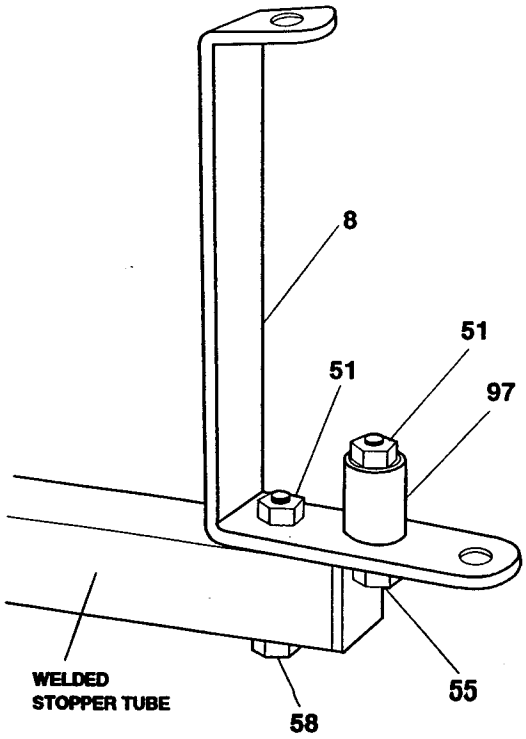
☐ *Remove the* **STATION 1 DECAL (121)** *from the backing sheet and position the Decal to the front of the* **ARM PRESS UPRIGHT (2)** *below the Welded Stopper Tube.*


83
STOPPER TUBE
121
2
4
FRONT
51
51
51
51
51
50
7
1
L-BRACKET
81
53
3
81
80
WELDED PLATE
77
56
56
FRONT

☐ *To the Welded Stopper Tube on the front of the* **ARM PRESS UPRIGHT (2),** *bolt the* **SUPPORT BRACE (8)** *by assembling a* **5/16" FLAT WASHER (50)** *onto a* **5/16" X 2" HEX HEAD BOLT (58)** *and bolting up through the Welded Stopper Tube and then into the hole in the back of the Support. Secure with a* **5/16" NYLON LOCK NUT (51).**

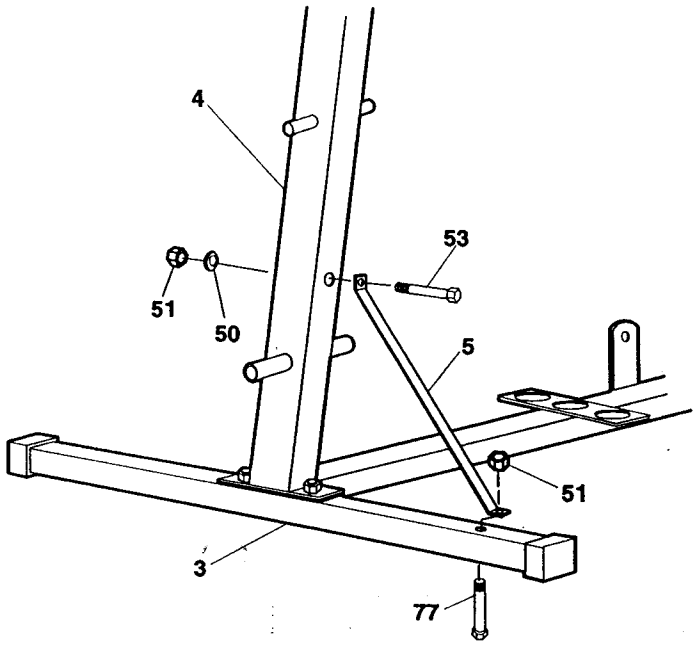
☐ *Insert a* **5/16" X 1 1/2" HEX HEAD BOLT (55)** *up through the center hole in the* **SUPPORT BRACE (8).** *Slip a* **1" LONG PLASTIC SLEEVE (97)** *over the Bolt and secure with a* **5/16" NYLON LOCK NUT (51).**





STEP 2 STEPPER ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	1
51 5/16" NYLON LOCK NUT	4
53 5/16" X 2 3/4" HEX HEAD BOLT	1
55 5/16" X 1 1/2" HEX HEAD BOLT	2
62 3/8" FLAT WASHER	2
77 5/16" X 2 1/2" CARRIAGE BOLT	1
79 1/2" LONG SELF TAPPING SCREW	2
82 1" ROUND PLASTIC COVER CAP	2
88 5/8" ROUND PLASTIC COVER CAP	2
95 1 1/2" SQUARE PIVOT BUSHING	4
96 1" SPRING RETAINER RING	2
101 THREADED KNOB	2
102 5/8" SPRING RETAINER RING	2
103 5/8" I.D. X 1 5/8" FLAIR END BUSHING	2



☐ *Attach the diagonal* **STRAP BRACE (5)** *to the top of the* **REAR BASE TUBE (3)** *by bolting with a* **5/16" X 2 1/2" CARRIAGE BOLT (77)** *up through the bottom of the Base Tube and then through the Strap Brace. Fasten with a* **5/16" NYLON LOCK NUT (51).**

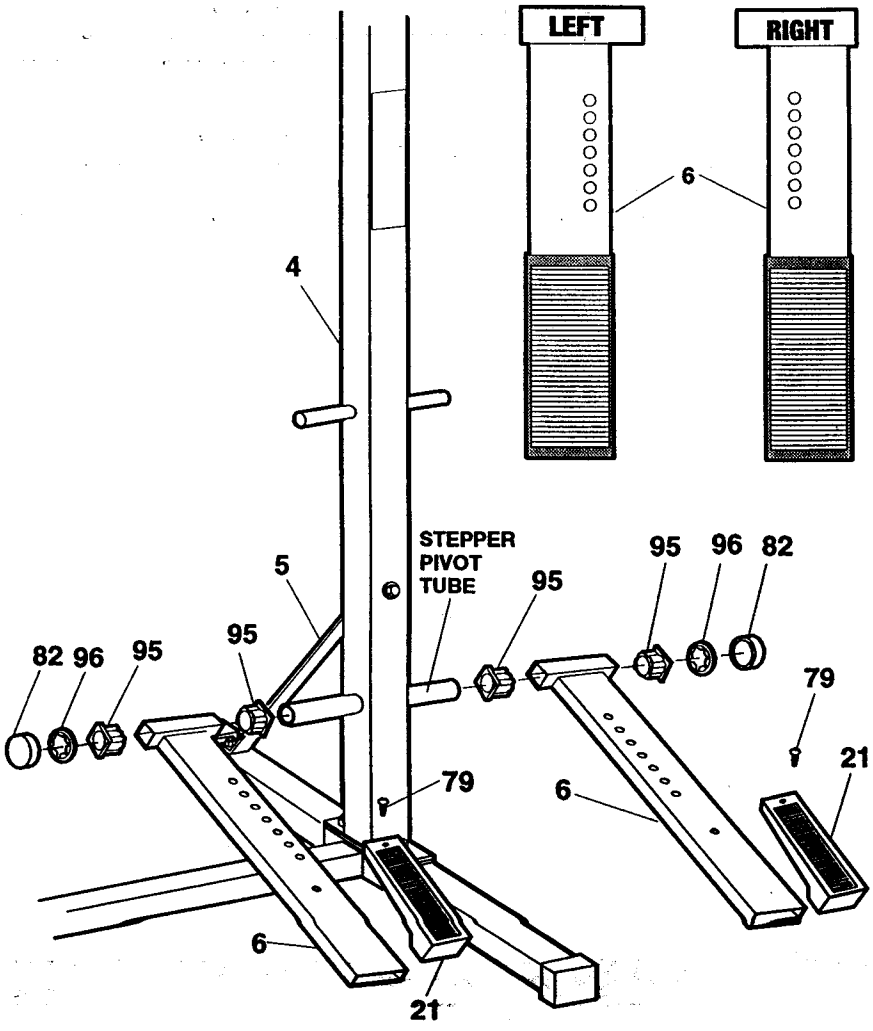
☐ *Attach the top end of the* **STRAP BRACE (5)** *to the* **STEPPER UPRIGHT (4)** *using a* **5/16" X 2 3/4" HEX HEAD BOLT (53)** *to bolt through the Brace and then through the Stepper Upright. Secure with a* **5/16" FLAT WASHER (50),** *and* **5/16" NYLON LOCK NUT (51).**

☐ *Insert* **1 1/2" SQUARE PIVOT BUSHINGS (95)** *into the end of the* **STEPPER PEDALS (6).**

☐ *Slide the* **STEPPER PEDALS (6)** *onto the 1" Stepper Pivot Tube at the base of the* **STEPPER UPRIGHT (4).** *Note that the Pedals should be assembled to the side of the* **UPRIGHT (4)** *opposite the* **STRAP BRACE (5)** *and the series of holes in each of the* **PEDALS (6)** *should be to the inside.*

☐ *Using a* **1" ROUND PLASTIC COVER CAPS (82)** *as an aid, drive a* **1" SPRING RETAINER RING (96)** *onto the Pivot Tube to secure the* **PEDALS (6)** *in place. Note that the teeth in the Spring Retainers are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is driven on. Tap in place with a hammer.*

☐ *Attach the molded* **PLASTIC PEDAL TREADS (21)** *to the top of the* **STEPPER PEDALS (6)** *with* **1/2" LONG SELF TAPPING PHILLIPS HEAD SCREWS (79).**



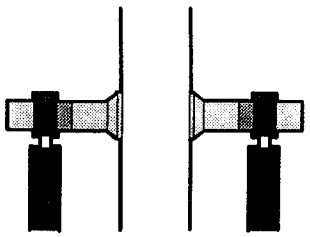
☐ *Fit a* **5/8" I.D. X 1 5/8" FLAIR END PLASTIC BUSHING (103)** *onto the 5/8" Shock Pivot Tube on the Stepper Upright.*

☐ *Slide a* **RESISTANCE CYLINDER (30)** *over the Shock Pivot Tube and secure in place with a* **5/8" SPRING RETAINER RING (102).** *Again the teeth of the Retainer Ring should be positioned outward and use the* **5/8" ROUND PLASTIC COVER CAP (88)** *as an aid to help secure the Retainer Ring in place. Tap this Cap & Retainer Ring on using a hammer.* **(SEE DETAIL A)**

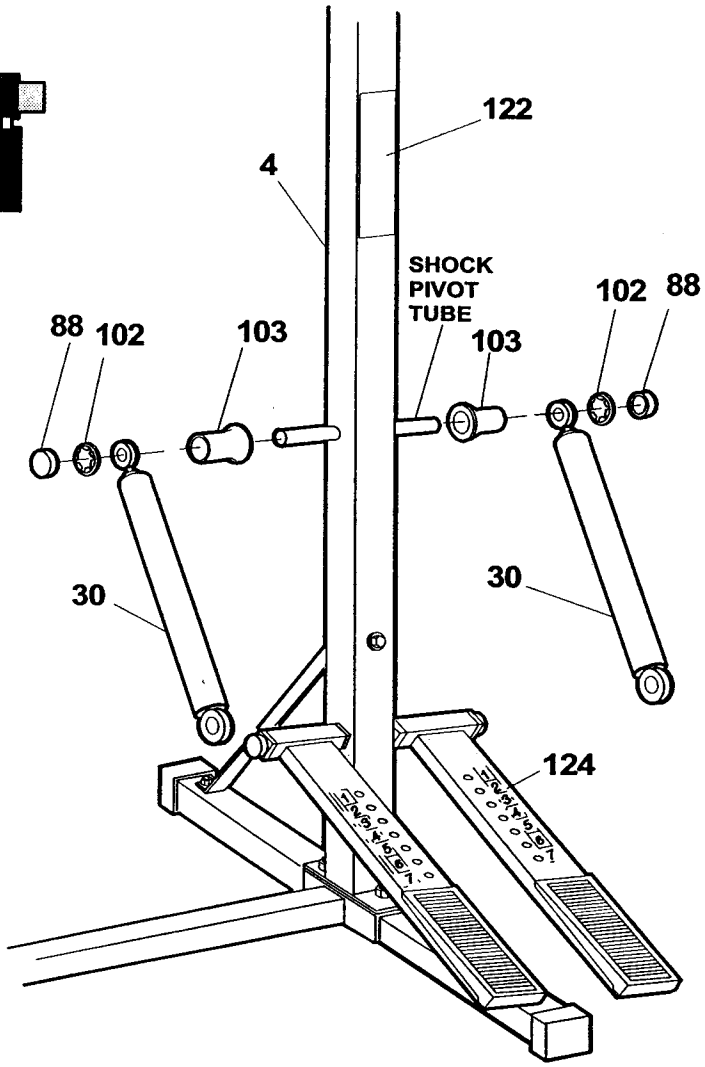
☐ *To the bottom end of the* **RESISTANCE CYLINDERS (30),** *attach the* **CYLINDER MOUNTING BRACKET (31)** *with a* **5/16" X 1 1/2" HEX HEAD BOLT (55)** *and* **5/16" NYLON LOCK NUT (51).**

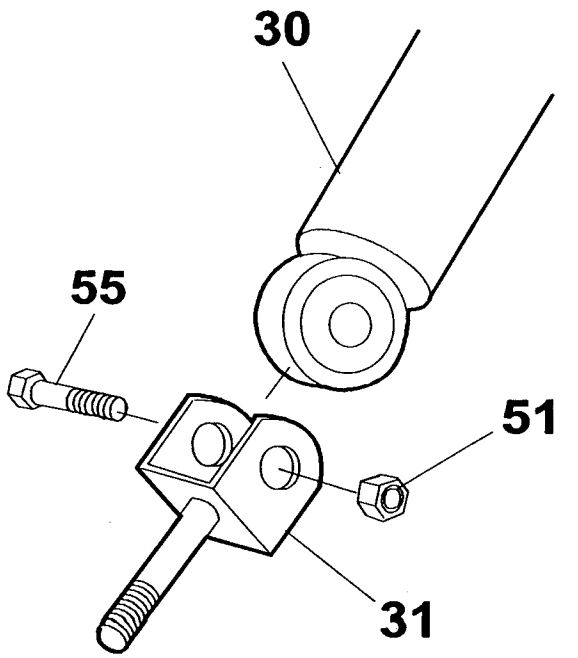
☐ *Remove the* **STEPPER STATION DECAL (122)** *from the backing sheet and apply to the* **STEPPER UPRIGHT (4)** *on the Stepper side of the Upright Frame.*

☐ *Remove the* **RESISTANCE SCALE DECALS (124)** *from the backing sheet and attach the Decals to the* **STEPPER PEDALS (6)** *along side of the resistance holes so that the lightest setting (1) is aligned with the first hole and the scale reads from front to back.*



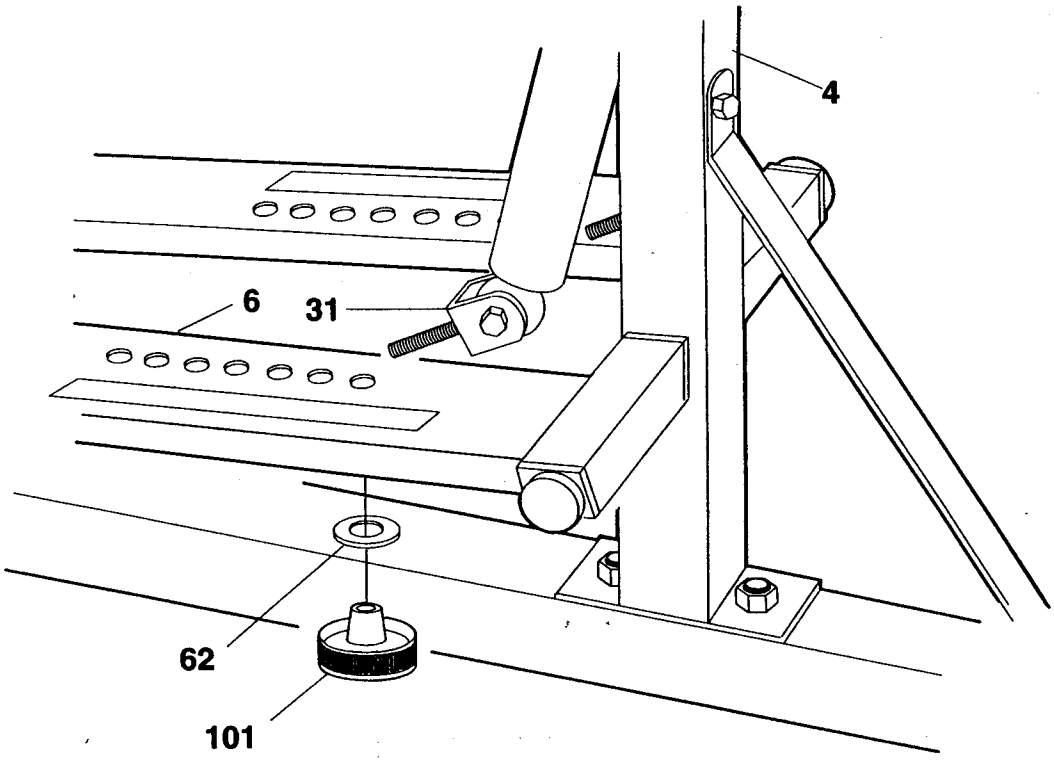
DETAIL A

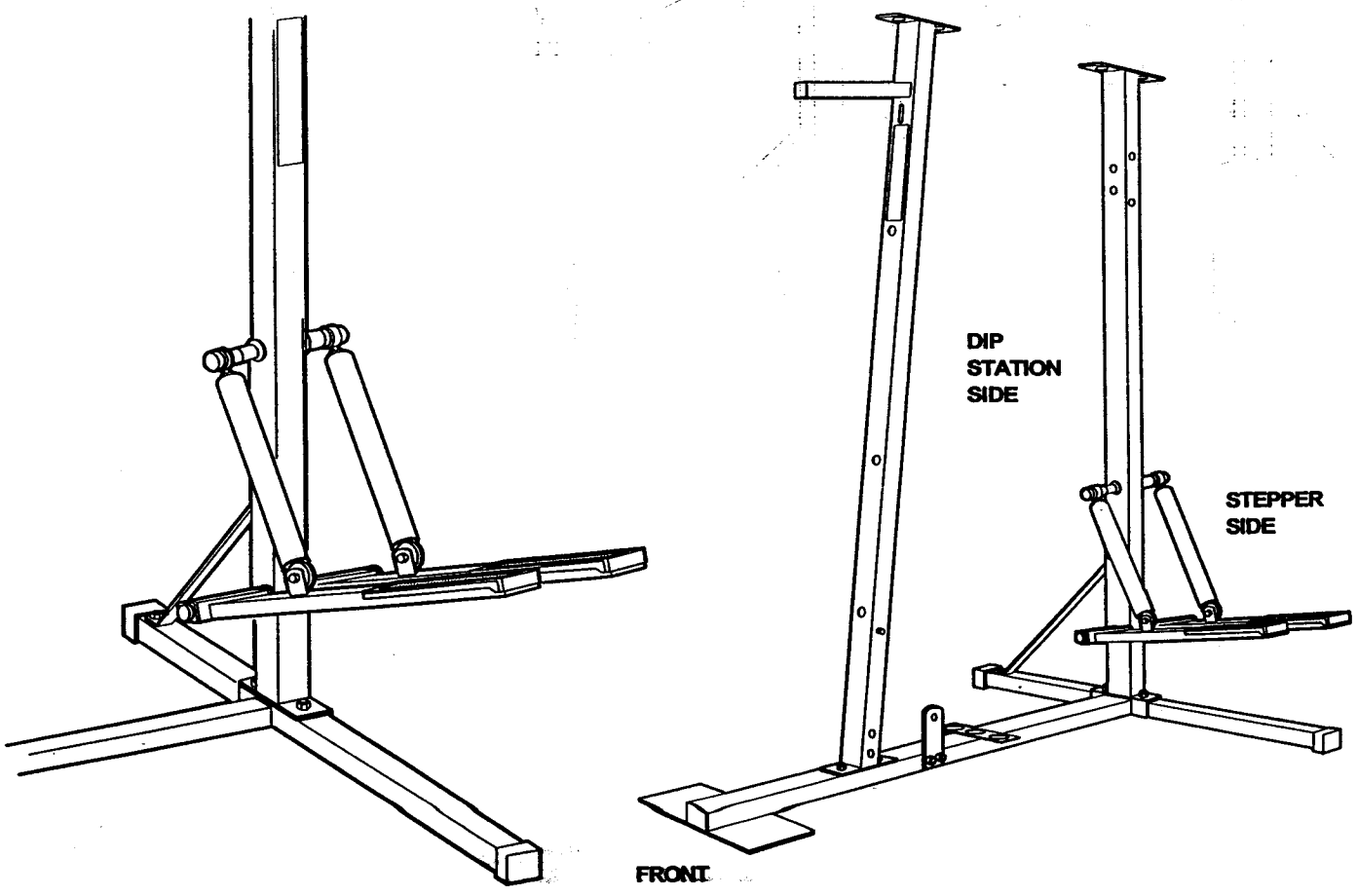




☐ *Insert the bolt on the* **CYLINDER MOUNTING BRACKET (31)** *into one of the holes in the* **STEPPER PEDALS (6)** *and secure in place with a* **3/8" FLAT WASHER (62)** *and a* **THREADED KNOB (101).**

» **NOTE:** *There are seven hole locations in the* **STEPPER PEDALS (6).** *The Stepper resistance increases as the Cylinder is moved toward the end of the Pedal.*





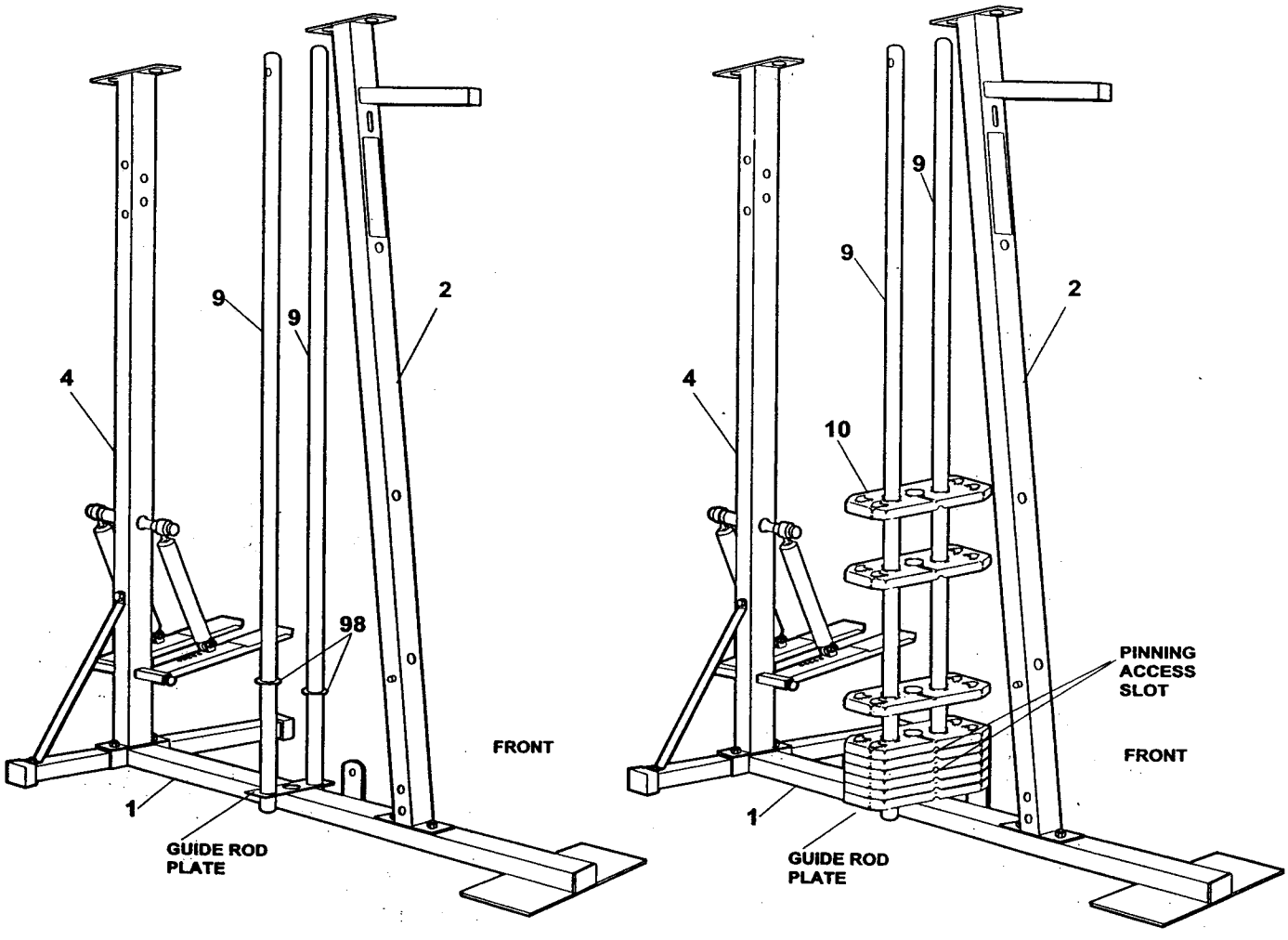
STEP 3 WEIGHT STACK ASSEMBLY

PART NAME	QTY
98 LARGE ROUND RUBBER WASHER	2
99 RUBBER SELECTOR TUBE END PLUG	1
100 WEIGHT SELECTOR PIN	1

☐ *Orient the* **GUIDE RODS (9)** *so that the bolt hole at the end of each Guide Rod is to the top. Insert the Guide Rods into the Guide Rod Plate welded atop the* **BASE FRAME (1).**

☐ *Slide a* **LARGE ROUND RUBBER WASHER (98)** *down over each Guide Rod and position atop the Plate.*

☐ *Working with one* **WEIGHT PLATE (10)** *at a time, stack nine Weight Plates onto the* **GUIDE RODS (9)** *so the Pinning Access Slot in the Weight Plate is down and to the front. Once the stack is complete, check again to make sure all Plates are positioned properly.*

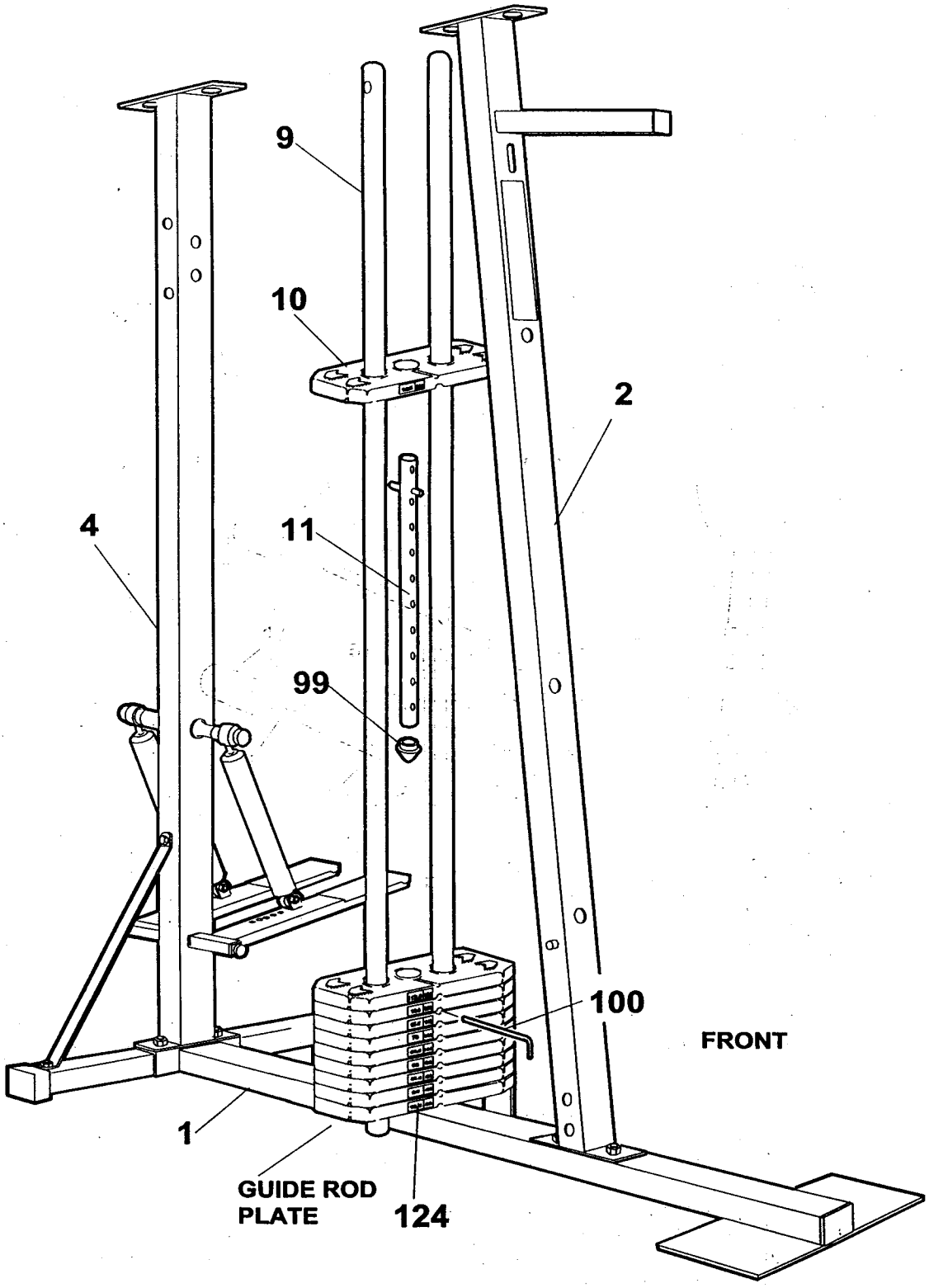


☐ *Press the pointed* **RUBBER SELECTOR TUBE END PLUG (99)** *into the bottom end of the* **SELECTOR TUBE (11)** *and insert the Selector Tube into the center hole of the* **WEIGHT PLATES (10).** *Turn the Selector Tube so that the Roll Pin sits into the groove in the top Weight Plate.*

☐ *Finally, assemble the last* **WEIGHT PLATE (10)** *down onto the Weight stack so the* **SELECTOR TUBE (11)** *comes up through the center hole.*

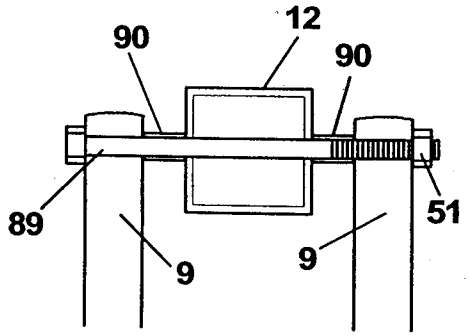
☐ *Insert the* **WEIGHT SELECTOR PIN (100)** *into the Weight stack at the bottom Plate until assembly is complete and the Cable system has been adjusted for proper tensioning.*

☐ *Remove the* **WEIGHT PLATE DECALS (123)** *from the backing sheet and affix to the edge of the* **WEIGHT PLATES (10)** *just to the side of the* **WEIGHT SELECTOR PIN (100)** *hole. Decals should progress from the lightest Weight on the top Plate to the heaviest Weight at the bottom.*



STEP 4 TOP FRAME ASSEMBLY

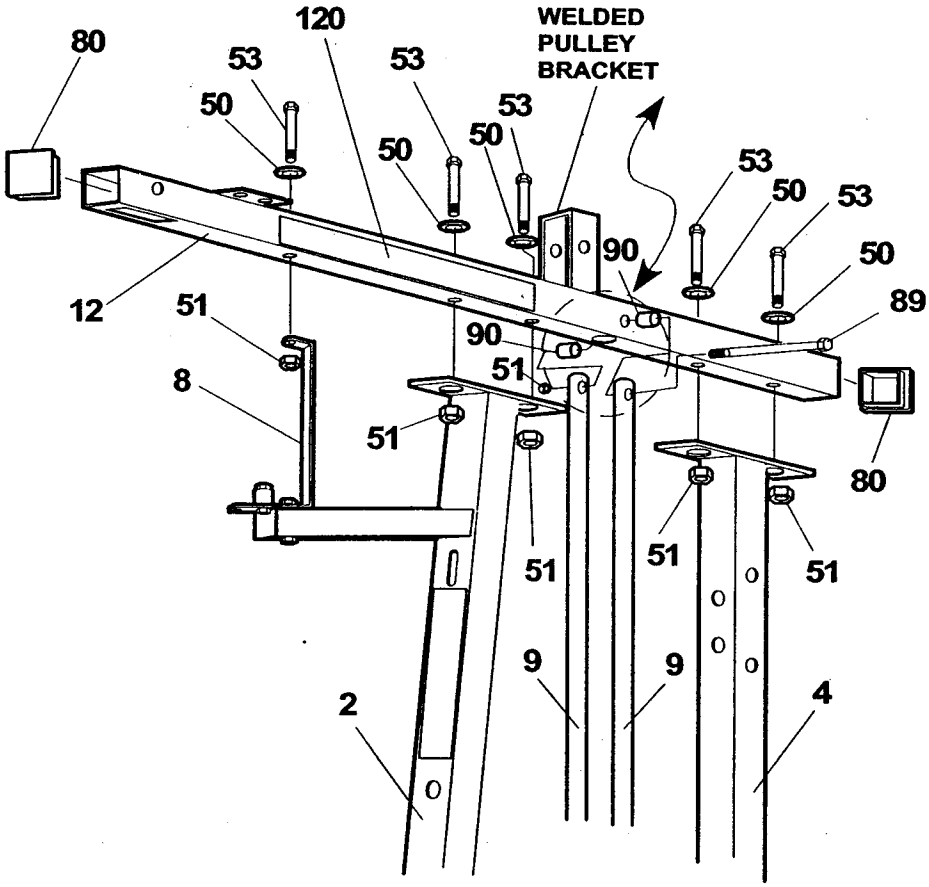
PART NAME	QTY
50 5/16" FLAT WASHER	5
51 5/16" NYLON LOCK NUT	6
53 5/16" X 2 3/4" HEX HEAD BOLT	5
80 2" SQUARE PLASTIC INSERT CAP	2
89 5/16" X 6" HEX HEAD BOLT	1
90 1/2" X 3/4" METAL SPACER	2



☐ *Cap each end of the* **TOP FRAME (12)** *with* **2" SQUARE PLASTIC INSERT CAPS (80).**

☐ *Position the* **TOP FRAME (12)** *atop the* **UPRIGHTS (2) & (4)** *so the welded Pulley Bracket is up and the slotted end of the Frame is forward.*

☐ *Bolt down through the holes in the rear of the* **TOP FRAME (12)** *and into the bracket atop the* **STEPPER UPRIGHT (4)** *with* **5/16" X 2 3/4" HEX HEAD BOLTS (53)** *and* **5/16" FLAT WASHERS (50).** *Fasten with* **5/16" NYLON LOCK NUTS. (51)** *(Do not tighten completely at this time.)*



☐ *Again bolt down through the* **TOP FRAME (12)** *and into the Plate at the top of the* **ARM PRESS UPRIGHT (2)** *with two more* **5/16" X 2 3/4" HEX HEAD BOLTS (53)** *and* **5/16" FLAT WASHERS (50).** *Secure with* **5/16" NYLON LOCK NUTS (51)** *but do not tighten.*

☐ *Next bolt down through the* **TOP FRAME (12)** *again and into the* **SUPPORT BRACE (8)** *at the front of the* **ARM PRESS UPRIGHT (2)** *with another* **5/16" X 2 3/4" HEX HEAD BOLT (53)** *and* **5/16" FLAT WASHER (50).** *Assemble a* **5/16" NYLON LOCK NUT (51)** *and tighten this and the other Upright assembly bolts tightly.*

☐ *Position the* **GUIDE RODS (9)** *at the hole location behind the Welded Pulley Bracket at the top of the* **TOP FRAME (12).** *Using a* **5/16" X 6" HEX HEAD BOLT (89),** *bolt through the first Guide Rod. Then assemble a* **1/2" X 3/4" METAL SPACER (90)** *onto the Bolt and then continue to bolt now through the* **TOP FRAME (12).** *Assemble another* **1/2" X 3/4" METAL SPACER (90)** *onto the Bolt and then bolt through the second Guide Rod. Fasten with a* **5/16" NYLON LOCK NUT (51).**

☐ *Remove the* **POWER MAX TOP MAST DECAL (120)** *from the backing sheet and position the Decal to the side of the* **TOP FRAME (12)** *in front of the Welded Pulley Bracket.*

STEP 5 BACKREST & SEAT ASSEMBLY

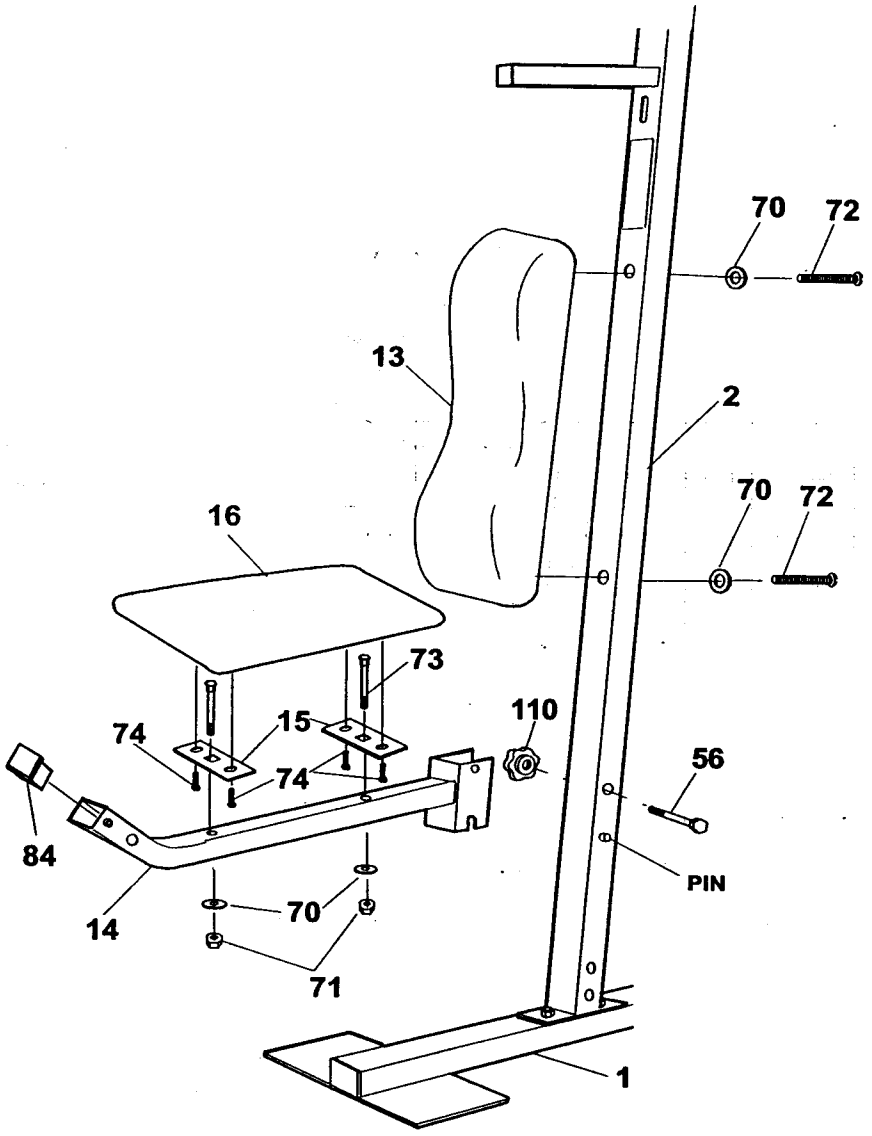
PART NAME	QTY
56 5/16" X 2 3/4" CARRIAGE BOLT	1
70 1/4" FLAT WASHER	4
71 1/4" NYLON LOCK NUT	2
72 1/4" X 2 1/2" ROUND HEAD SCREW	2
73 1/4" X 2" CARRIAGE BOLT	2
74 1/4" X 3/4" ROUND HEAD SCREW	4
84 1 1/2" SQUARE PLASTIC INSERT CAP	1
110 5/16" THREADED PLASTIC KNOB	1

☐ *Assemble the* **BACKREST (13)** *to the* **ARM PRESS UPRIGHT (2)** *by bolting through the back of the Upright and into the Backrest with* **1/4" X 2 1/2" ROUND HEAD SCREWS (72)** *and* **1/4" FLAT WASHERS (70).**

☐ *Orient the* **SEAT FRAME (14)** *so that the end of the tube turns upward. Fit the bracket of the Seat Frame around the* **ARM PRESS UPRIGHT (2)** *and set the slot in the Seat Frame over the pin in the Upright. Insert a* **5/16" X 2 3/4" CARRIAGE BOLT (56)** *through the Seat Bracket and Upright and secure with a* **5/16" THREADED PLASTIC KNOB (110).** *Cap the end of the* **SEAT FRAME (14)** *with a* **1 1/2" SQUARE PLASTIC INSERT CAP (84).**

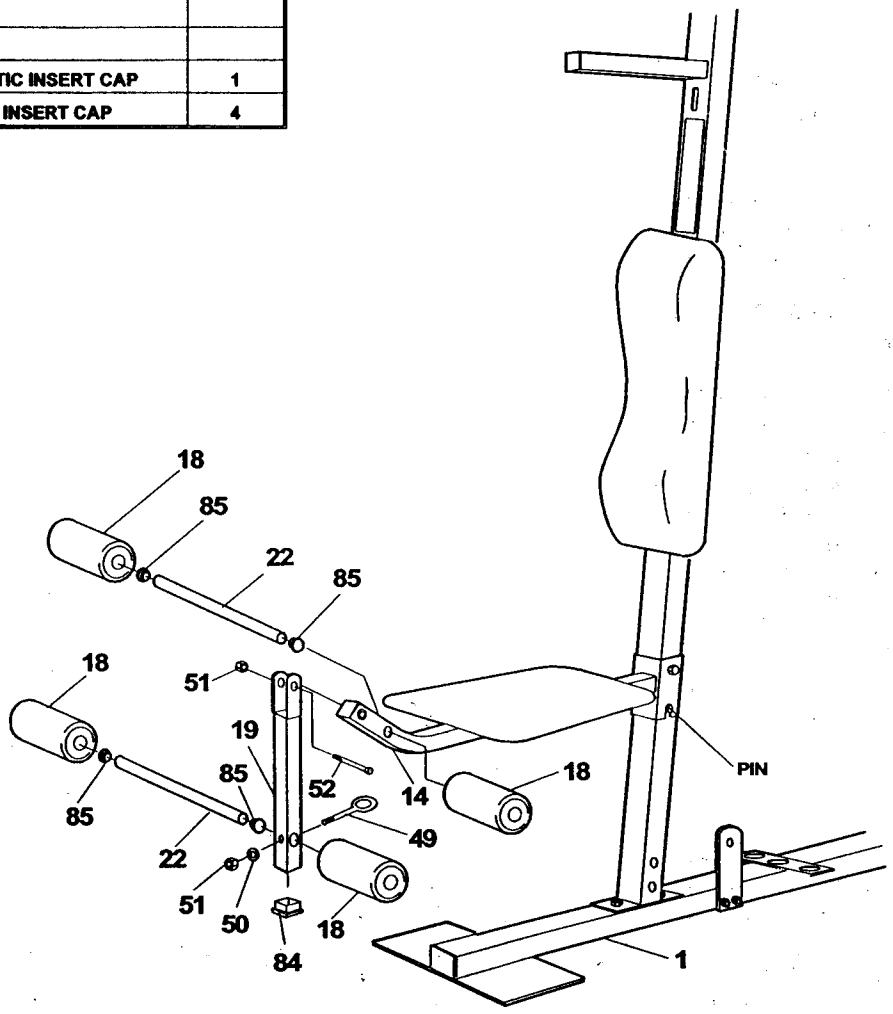
☐ *Attach the* **SEAT MOUNTING BRACKETS (15)** *(These are flat brackets 2" X 6" with two round holes and a square hole in the center) to the top side of the* **SEAT FRAME (14)** *by bolting down through the Mounting Brackets and through the Seat Frame with* **1/4" X 2" CARRIAGE BOLTS (73).** *Fasten in place with* **1/4" FLAT WASHERS (70)** *and* **1/4" NYLON LOCK NUTS (71).** *Do not tighten at this time.*

☐ *Locate the* **SEAT (16)** *over the* **SEAT MOUNTING BRACKETS (15)** *so the wide end of the Seat is to the front of the unit. Assemble up through the Brackets and into the bottom of the Seat with* **1/4" X 3/4" ROUND HEAD SCREWS (74).** *Now tighten the Carriage Bolts holding the Brackets.*



STEP 6 LEG EXTENSION ASSEMBLY

PART NAME	QTY
49 2" EYE-BOLT	1
50 5/16" FLAT WASHER	1
51 5/16" NYLON LOCK NUT	2
52 5/16" X 2 1/4" HEX HEAD BOLT	1
84 1 1/2" SQUARE PLASTIC INSERT CAP	1
85 3/4" ROUND PLASTIC INSERT CAP	4



☐ *Press a* **3/4" ROUND INSERT CAP (85)** *into the ends of the two* **3/4" X 15 1/2" LONG PAD BARS (22).** *Wipe a small amount of liquid dish detergent along the length of the Pad Bar. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act an an adhesive. Insert each of the Pad Bars into a* **3 1/4" X 7" FOAM ROLLER (18).**

☐ *Insert one* **PAD BAR (22)** *Assembly into the larger access hole at the end of the* **SEAT FRAME (14)** *and slide on a second* **3 1/4" X 7" FOAM ROLLER (18).**

☐ *Cap the bottom end of the* **LEG EXTENSION (19)** *with a* **1 1/2" SQUARE PLASTIC CAP (84)** *and bolt the* **LEG EXTENSION (19)** *to the bolt hole location at the end of the* **SEAT FRAME (14)** *with a* **5/16" X 2 1/4" HEX HEAD BOLT (52).** *Secure with a* **5/16" NYLON LOCK NUT (51).** *Do not over tighten so that the Leg Extension will be able to swing freely.*

☐ *Insert the other* **PAD BAR (22)** *Assembly into the bottom section of the* **LEG EXTENSION (19)** *and slide on another* **3 1/4" X 7" FOAM ROLLER (18).**

☐ *Bolt a* **2" EYE-BOLT (49)** *into the back side of the lower portion of the* **LEG EXTENSION (19).** *Assemble a* **5/16" FLAT WASHER (50)** *onto the bolt and fasten with a* **5/16" NYLON LOCK NUT (51).**

STEP 7 ARM PRESS ASSEMBLY

PART NAME	QTY
71 1/4" NYLON LOCK NUT	4
74 1/4" X 3/4" ROUND HEAD SCREW	4
82 1" ROUND PLASTIC COVER CAP	2
86 1 3/4" SQUARE PLASTIC INSERT CAP	6
87 1" ROUND PLASTIC INSERT CAP	2
96 1" I.D. SPRING RETAINER RING	4

☐ *Cap each end of the bottom Cross Member Tube of the* **ARM PRESS PIVOT BRACKET (24)** *with* **1 3/4" SQUARE PLASTIC INSERT CAPS (86).**

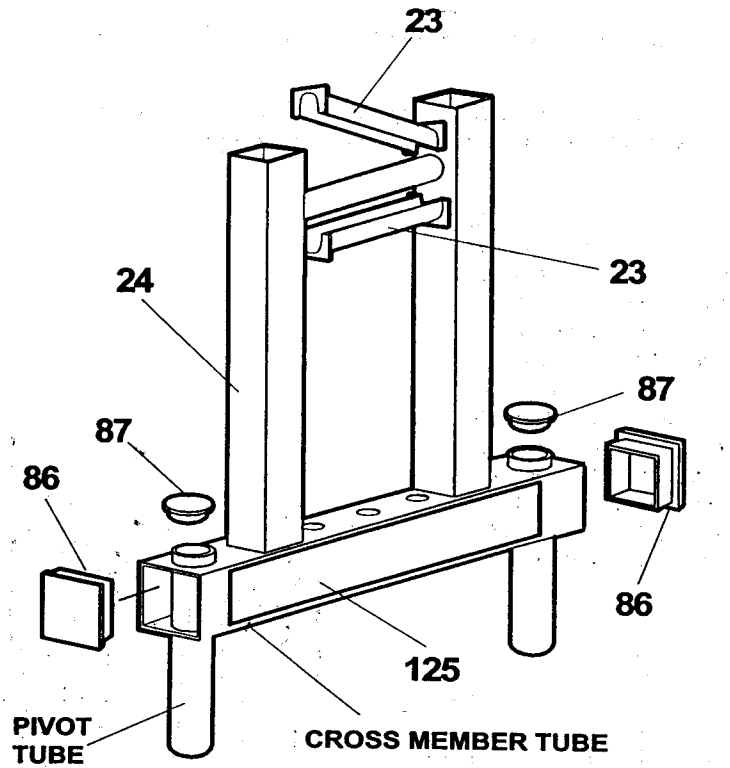
☐ *Cap the top of the Pivot Tubes with* **1" ROUND PLASTIC INSERT CAPS (87).**

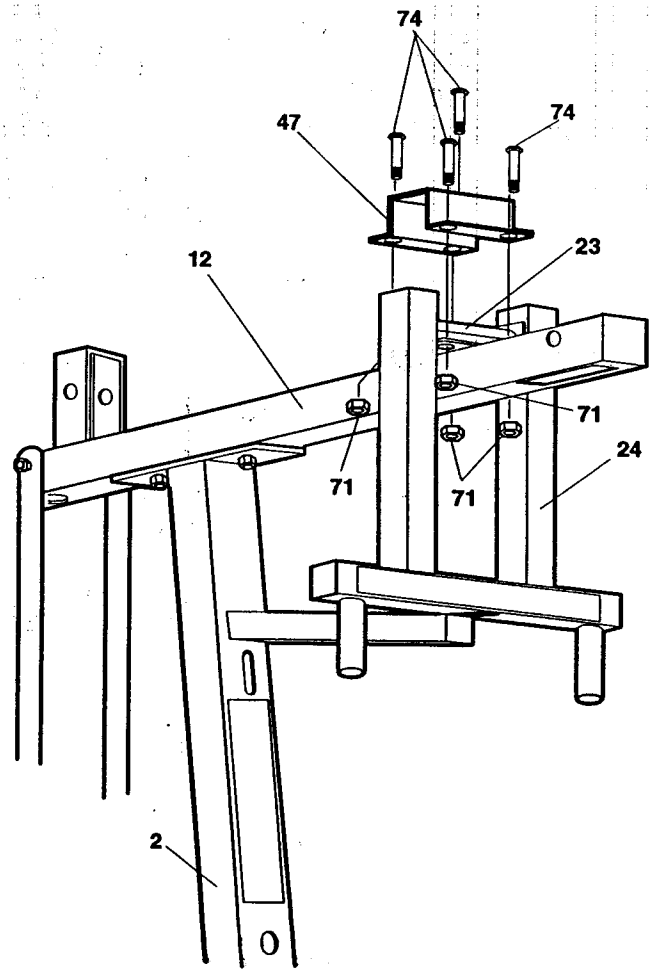
☐ *Fit a* **4" LONG HALF ROUND PLASTIC PIVOT BUSHING (23)** *into the* **ARM PRESS PIVOT FRAME (24).** *Assemble this around the round tube welded between the Arm Press Frame. Position a second* **PIVOT BUSHING (23)** *around the tube.*

☐ *Place the* **ARM PRESS CAP (47)** *on top of the* **ARM PRESS PIVOT FRAME (24).** *Align the bolt holes in the Arm Press Cap with the bolt holes in the plate welded to the top side of the* **TOP FRAME (12).**

☐ *Bolt the assembly to the* **TOP FRAME (12)** *with four* **1/4" X 3/4" ROUND HEAD SCREWS (74)** *by bolting down through the top of the* **ARM PRESS CAP (47)** *and then through the bolt holes in the welded plate on the Top Frame. Secure with* **1/4" NYLON LOCK NUTS (71).**

☐ *Remove the* **POWER STACK DECAL (125)** *from the backing sheet and position the Decal to the front of the Cross Tube on the* **ARM PRESS PIVOT FRAME (24).**



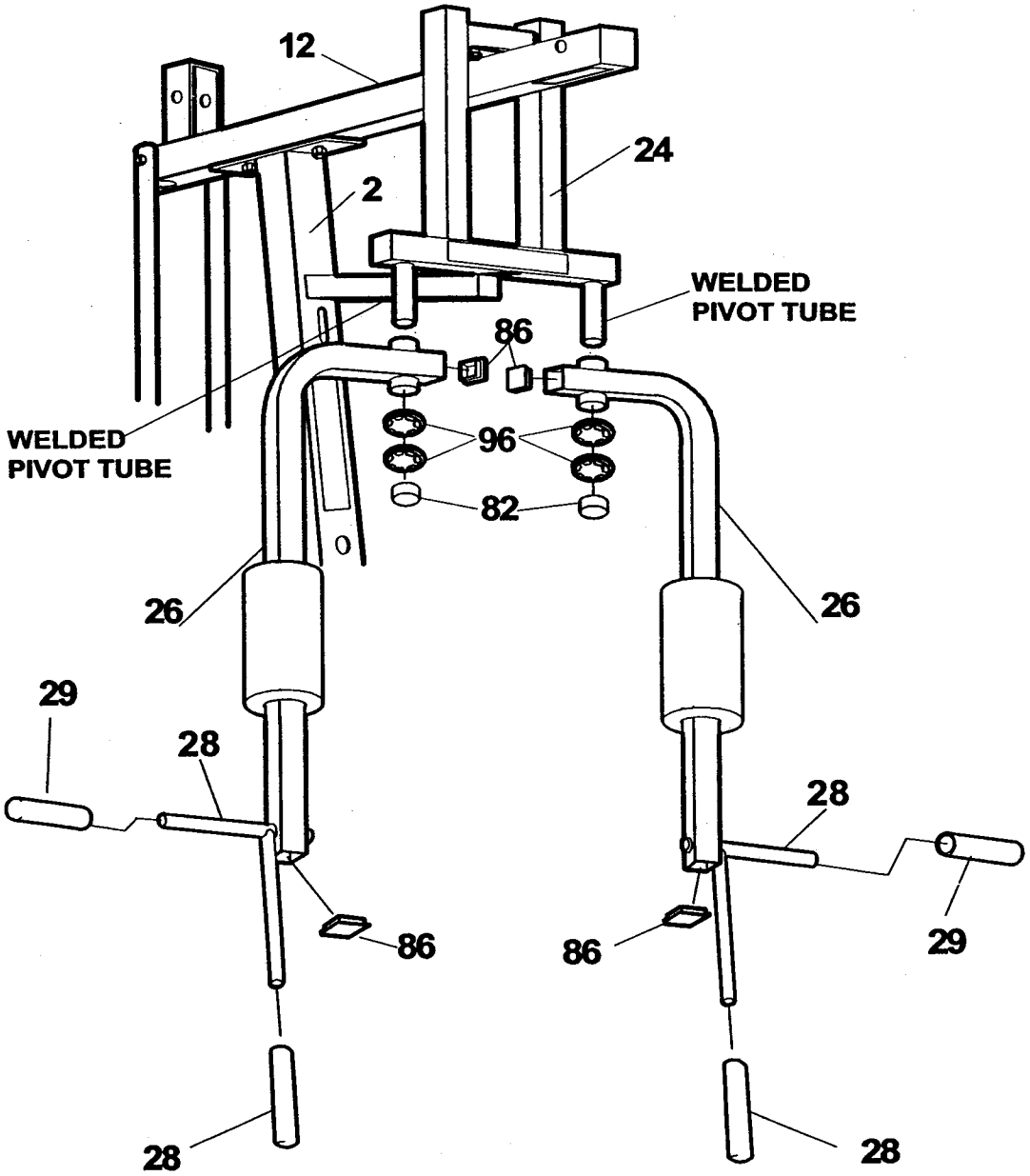


☐ *Cap each end of the* **ARM PRESS ARMS (26)** *with* **1 3/4" SQUARE PLASTIC INSERT CAPS (86).**

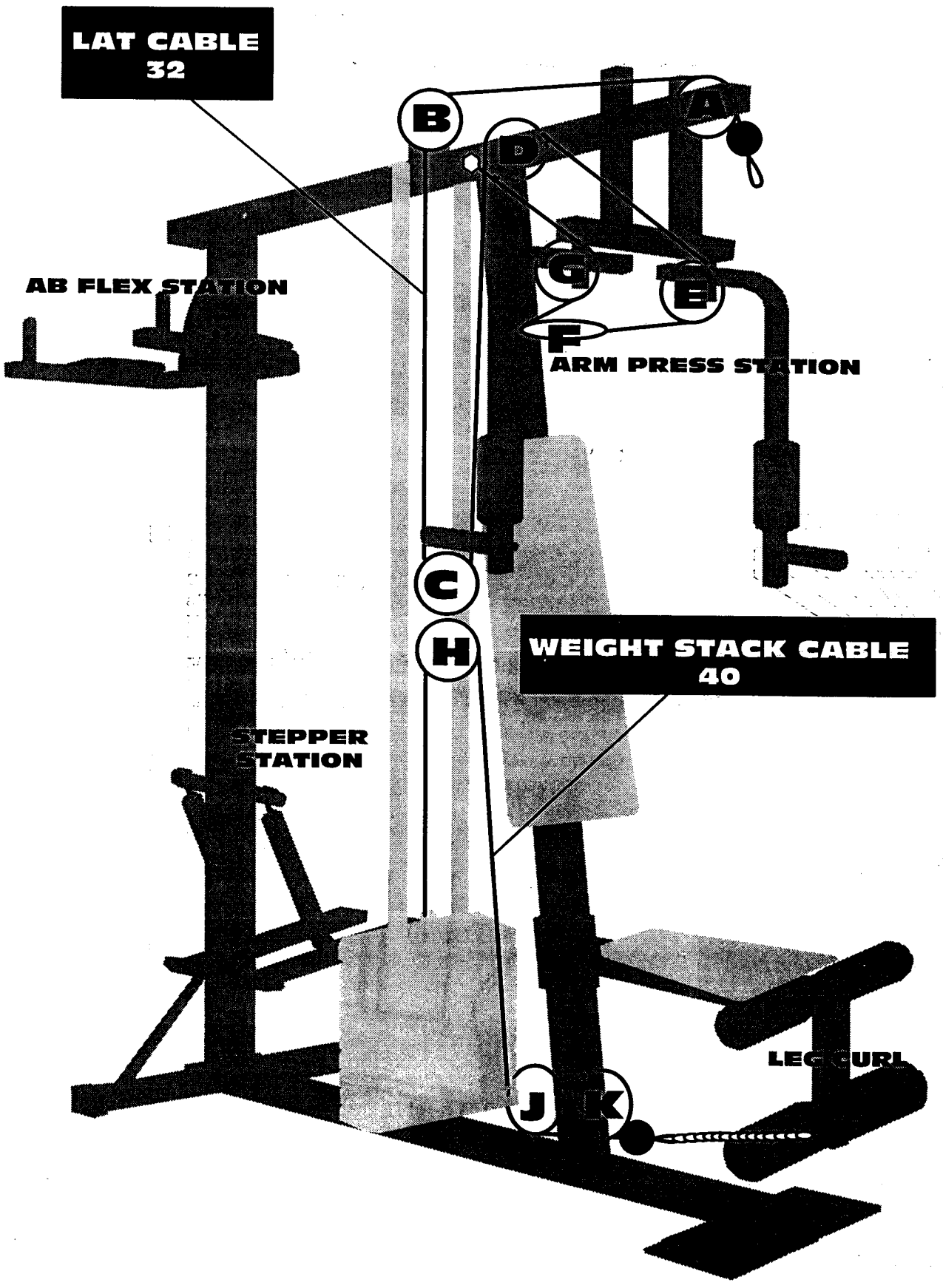
☐ *Press the* **ARM PRESS ARMS (26)** *onto the 1" Pivot Tubes welded in the* **ARM PRESS PIVOT FRAME (24) .**

☐ *Secure the* **ARM PRESS ARMS (26)** *onto the Pivot Tube with two* **1" I.D. SPRING RETAINER RINGS (96)** *and cap the tube end with a* **1" ROUND PLASTIC COVER CAP (82).**

» **NOTE:** *The Spring Clips are made so that the teeth tilt to one side. Align the clips so the teeth are pointed down. The 1" Cover Cap can be used to help drive the clips onto the Pivot Tube. Align the clips and cap with the tube end and lightly drive the assembly in place with the aid of a hammer.*

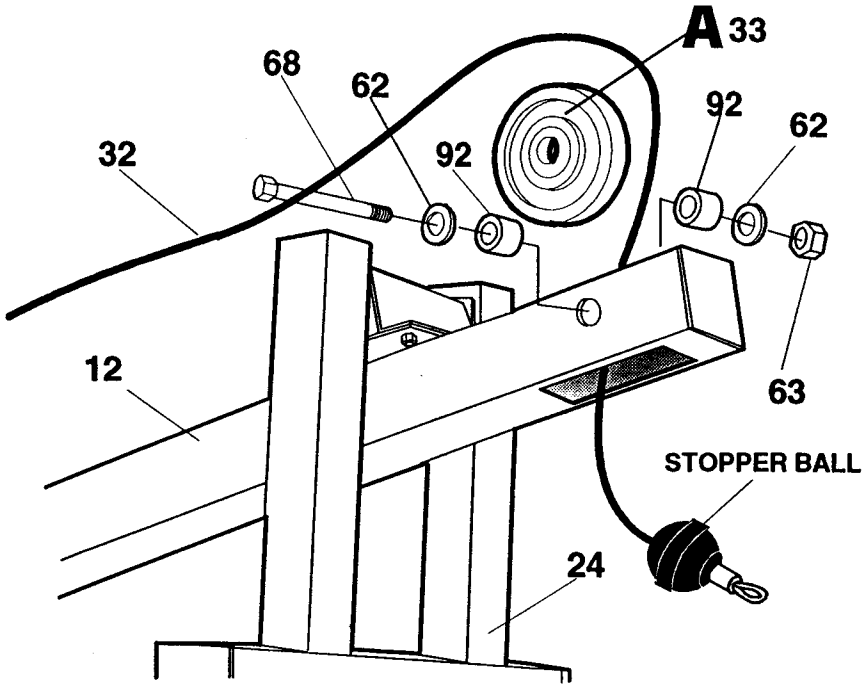


70193 CABLE ROUTING



STEP 8 CABLE ASSEMBLIES

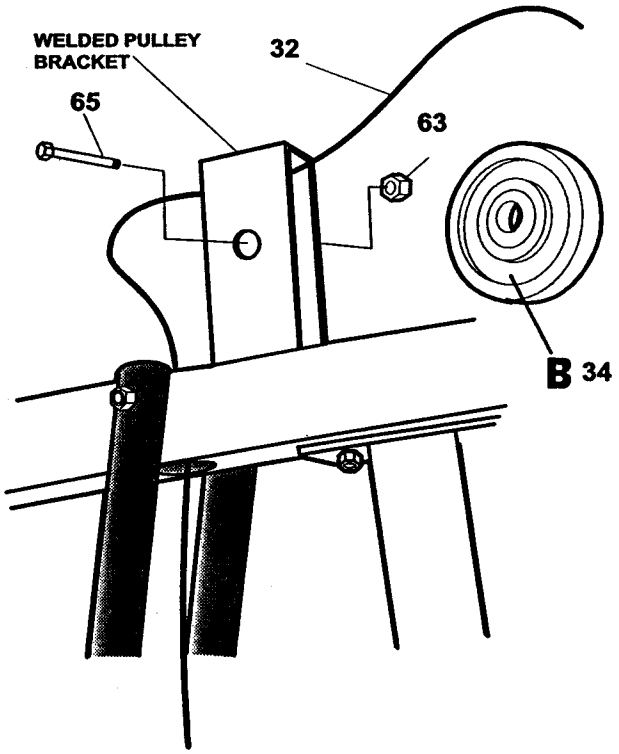
PART NAME	QTY
33 4 1/2" PULLEY	4
34 3 1/2" PULLEY	6
50 5/16" FLAT WASHER	7
51 5/16" NYLON LOCK NUT	9
52 5/16" X 2 1/4" HEX HEAD BOLT	2
54 5/16" X 2 1/2" HEX HEAD BOLT	2
55 5/16" X 1 1/2" HEX HEAD BOLT	1
57 5/16" X 3" HEX HEAD BOLT	2
60 5/16" X 3 1/4" HEX HEAD BOLT	1
61 5/16" X 3 1/2" HEX HEAD BOLT	1
62 3/8" FLAT WASHER	3
63 3/8" NYLON LOCK NUT	10
64 3/8" X 2" HEX HEAD BOLT	4
65 3/8" X 1 3/4" HEX HEAD BOLT	4
68 3/8" X 2 3/4" HEX HEAD BOLT	1
69 3/8" X 3 1/2" HEX HEAD BOLT	1
91 1/2"X 1" LONG METAL BUSHING	1
92 1/2" X 1/2" LONG SPACER	3
105 S-HOOK	2



☐ *Select the* **127" LONG LAT CABLE (32)** *and insert the Cable up through the slot at the front of the* **TOP FRAME (12).** *Bring the Cable back along the Top Frame, through the Bracket on the top of the Frame and down through the access hole in the Frame. Pull the Cable completely through until the Stopper Ball is against the under side of the Frame.*

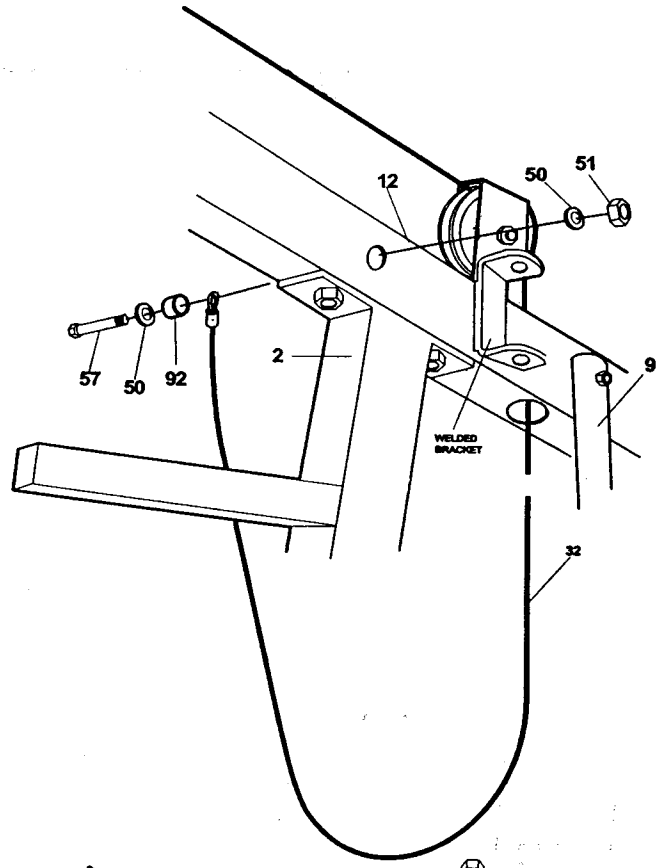
☐ *From underneath the* **TOP FRAME (12),** *fit a* **4 1/2" PULLEY (A) (33)** *up into the slot in the front of the Top Frame and position the* **LAT CABLE (32)** *into the Pulley groove. Slide a* **3/8" FLAT WASHER (62)** *and a* **1/2" X 1/2" LONG METAL SPACER (92)** *onto a* **3/8" X 2 3/4" HEX HEAD BOLT (68)** *and assemble the Bolt through the Top Frame and Pulley. Slide another* **1/2" LONG SPACER (92)** *and* **3/8" FLAT WASHER (62)** *over the Bolt and secure with a* **3/8" NYLON LOCK NUT (63).**

☐ *Fit a* **3 1/2" PULLEY (B) (34)** *under the* **LAT CABLE (32)** *and position the Pulley inside the Welded Pulley Bracket also the* **TOP FRAME (12).** *Bolt in place with a* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *and* **3/8" NYLON LOCK NUT (63).**



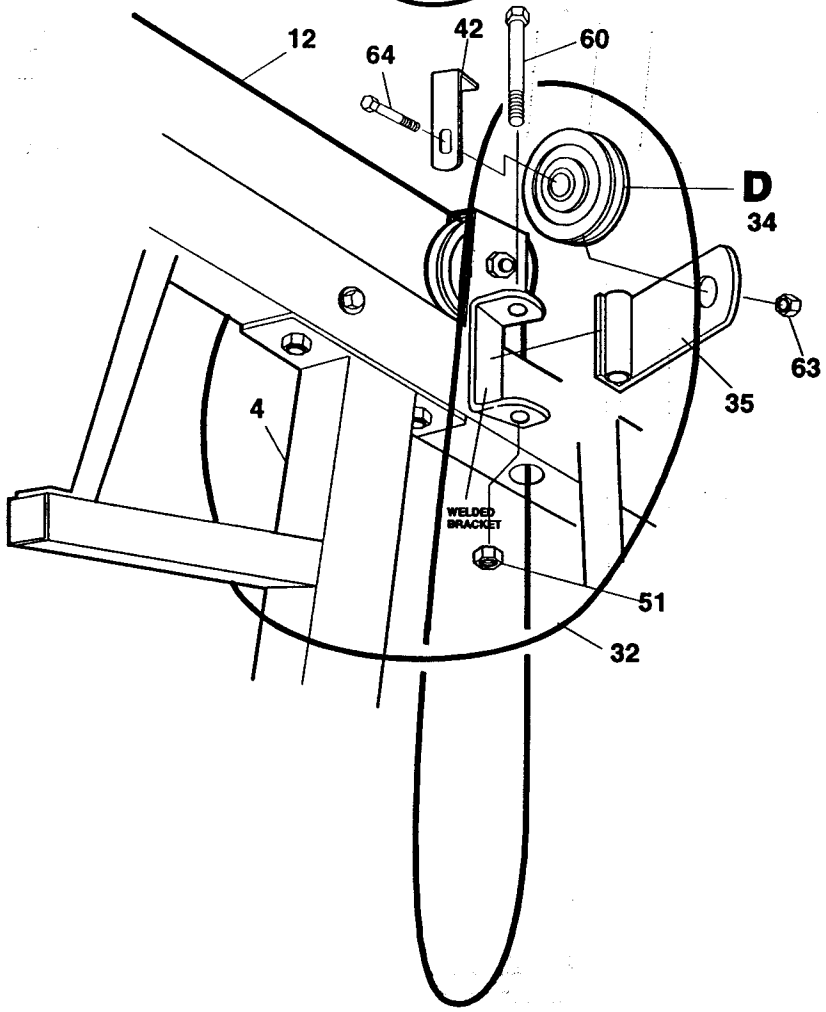
☐ ***To install the* LAT CABLE (32)** *into the* **3 1/2" PULLEY (B) (34),** *it will be necessary to remove the Pulley by unfastening the* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *and* **3/8" NYLON LOCK NUT (63).** *Remove the Pulley and assemble the Cable onto the Pulley and re-install the Pulley in the Welded Pulley Bracket.*

☐ *Bring the* **LAT CABLE (32)** *forward between the* **GUIDE RODS (9),** *and out and around the left side (as you sit on the unit) of the* **ARM PRESS UPRIGHT (2)** *passing under the Welded Stopper Tube. Fasten the Cable end to the right side of the* **TOP FRAME (12)** *just above the Upright. Assemble a* **5/16" FLAT WASHER (50)** *and a* **1/2" X 1/2" LONG METAL SPACER (92)** *onto a* **5/16" X 3" HEX HEAD BOLT (57),** *bolt through the Cable loop end and then the Mast. Fasten with another* **5/16" FLAT WASHER (50)** *and* **5/16" NYLON LOCK NUT (51).** *Tighten securely but leave enough space so that the Cable can rotate on the Bolt.*



☐ *Attach a* **2" X 3 1/2" LONG PULLEY PIVOT BRACKET (35)** *to the bracket welded to the right side of the* **TOP FRAME (12).** *Orient the Pivot Brackets so the "elbow" of the Bracket is to the outside. Fasten with a* **5/16" X 3 1/4" HEX HEAD BOLT (60)** *and* **5/16" NYLON LOCK NUT (51).**

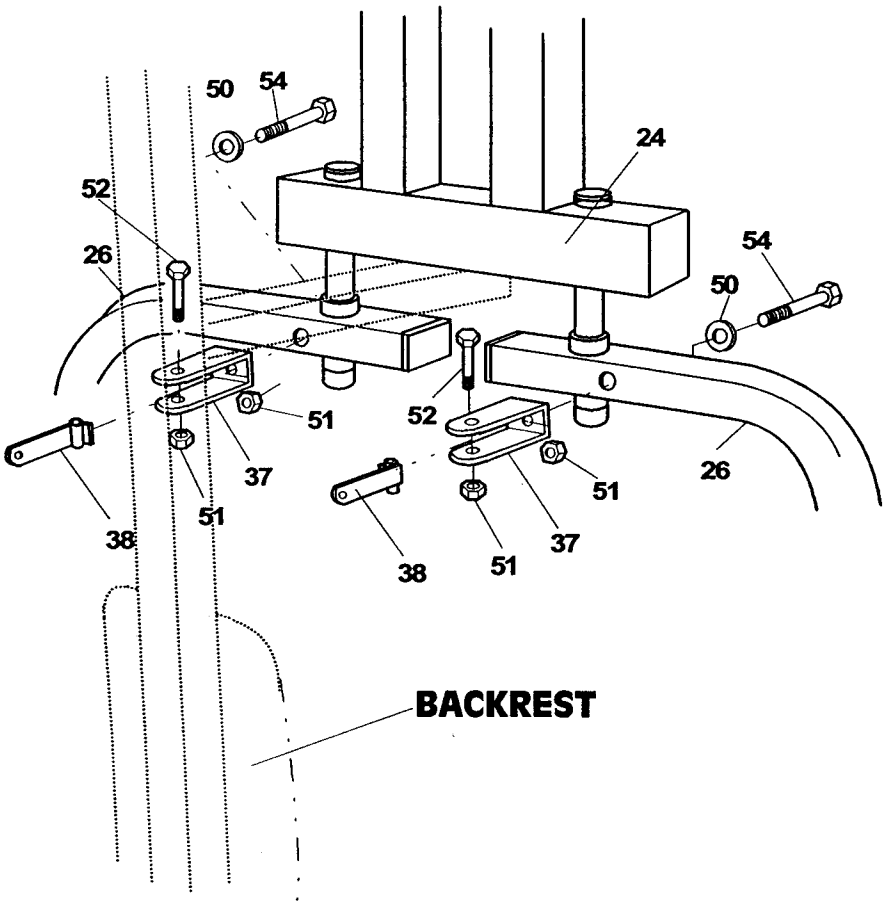
☐ *With a* **3" "L" CABLE TRAP BRACKET (36)** *and a* **3 1/2" PULLEY (D) (34),** *bring the* **LAT CABLE (32)** *up and fit it into the Pulley and trap in place from the back side with the Cable Trap. Bolt the Pulley assembly to the inside of the* **PIVOT BRACKET (35)** *with a* **3/8" X 2" HEX HEAD BOLT (64)** *and* **3/8" NYLON LOCK NUT (63).** *The Cable Trap should be approximately 1/16" from the Pulley rim and located at the twelve o'clock position.*



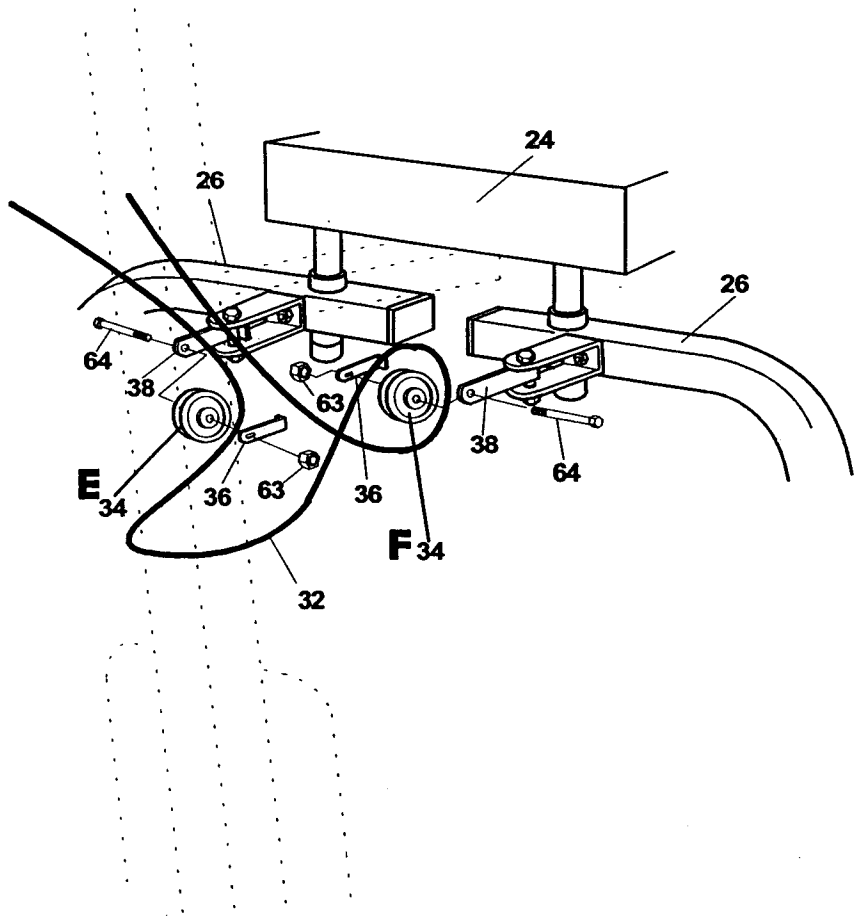
☐ **SPECIAL NOTE:** *The pre-assembly of the above* **3 1/2" PULLEY (D) (34) ,** *the* **PULLEY PIVOT BRACKET (35),** *and the* **CABLE TRAP BRACKET (36)** *is only finger tight to allow for assembly of the* **LAT CABLE (32).** *After assembly of the Cable, tighten this assembly.*

☐ *Select two* 3 1/2" LONG "U" BRACKETS (37) *and attach both Brackets to the back of the* ARM PRESS ARMS (26) *by assembling* 5/16" FLAT WASHERS (50) *onto two* 5/16" X 2 1/2" HEX HEAD BOLTS (54) *and bolting first through the front of the Arm Press Arms and then into the inside of the U-Brackets. Secure inside the U-Brackets with* 5/16" NYLON LOCK NUTS (51).

☐ *Attach the* 4" LONG ARM PRESS PIVOT BRACKET (38) *into the* ARM PRESS "U" BRACKET (37) *so the "elbow" of the Pivot Bracket is to the OUTSIDE. Bolt in place with* 5/16" X 2 1/4" HEX HEAD BOLT (52) *and* 5/16" NYLON LOCK NUTS (51). *Make this assembly to both* ARM PRESS ARMS (26).



☐ *With two* 3" LONG "L" CABLE TRAP BRACKETS (36) *and two* 3 1/2" PULLEYS (E) & (F) (34), *trap the* LAT CABLE (32) *into the Pulleys and bolt this assembly to the inside of the* ARM PRESS PIVOT BRACKETS (38) *with* 3/8" X 2" HEX HEAD BOLTS (64) *and* 3/8" NYLON LOCK NUTS (63). *Before tightening, position the Cable Trap so it is about 1/16" from the rim of the Pulley and it aligns with the Pivot Bracket and fits against it when the Pulley Bolt is tightened down.*

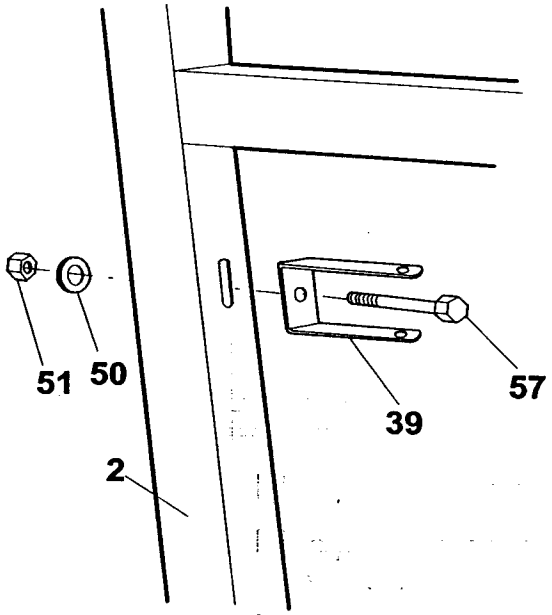


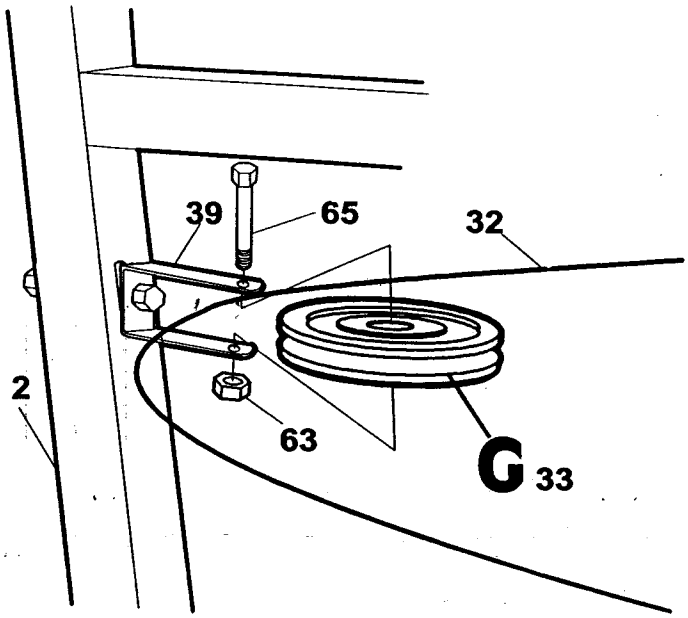
☐ **SPECIAL NOTE:** *The above pre-assembly of the* "U" BRACKETS (37), *the* ARM PRESS PIVOT BRACKETS (38), *the* 3 1/2" PULLEYS (E) & (F) (34), *and the* CABLE TRAP BRACKETS (36) *have been assembled only finger tight so that the* LAT CABLE (32) *can be assembled into the Pulley. Assemble the Cable into the Pulleys and then tighten this assembly.*

☐ *Using a* **5/16" X 3" HEX HEAD BOLT (57),** *insert the Bolt through a* **3" LONG "U" PULLEY BRACKET (39)** *and fasten the Bracket to the front side of the* **ARM PRESS UPRIGHT (2)** *just above the Backrest.* **"IMPORTANT":** *This Bracket must NOT be tightened against the Upright. Fit a* **5/16" FLAT WASHER (50)** *and a* **5/16" NYLON LOCK NUT (51)** *onto the Bolt and tighten only enough that the Bolt comes through the Nut just a few threads. This will let the Bracket stand away from the Frame about 1/4 inch. The Bracket must be allowed to pivot up and down.*

☐ *With another* **4 1/2" PULLEY (G) (33),** *trap the* **LAT CABLE (32)** *into the* **"U" PULLEY BRACKET (39)** *at the front of the* **ARM PRESS UPRIGHT (2).** *Fasten in place with a* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *and* **3/8" NYLON LOCK NUT (63).**

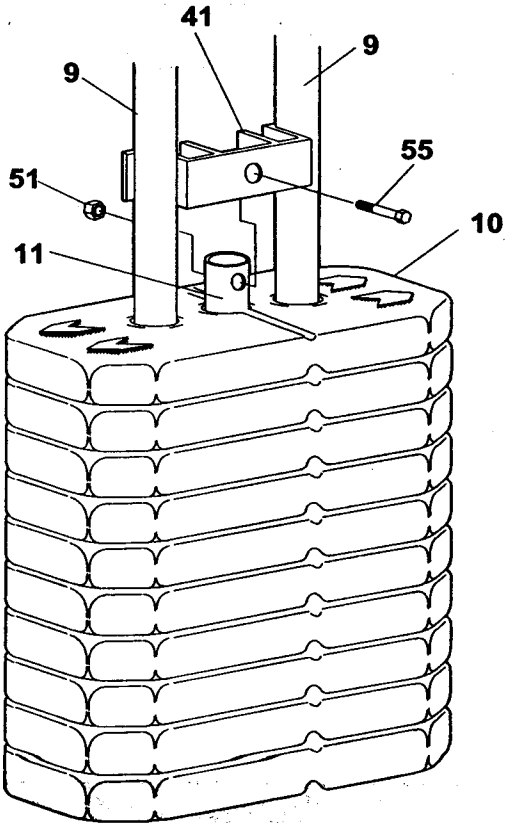
☐ *To assemble the* **LAT CABLE (32)** *into the pre-assembled* **PULLEY (G),** *it will be necessary to remove the Pulley by untightening the* **3/8" X 1 3/4" HEX HEX BOLT (65)** *and* **3/8" NYLON LOCK NUT (63)** *and removing the Pulley. Assemble the Cable onto the Pulley and re-assemble the Pulley into the* **"U" PULLEY BRACKET (39).**

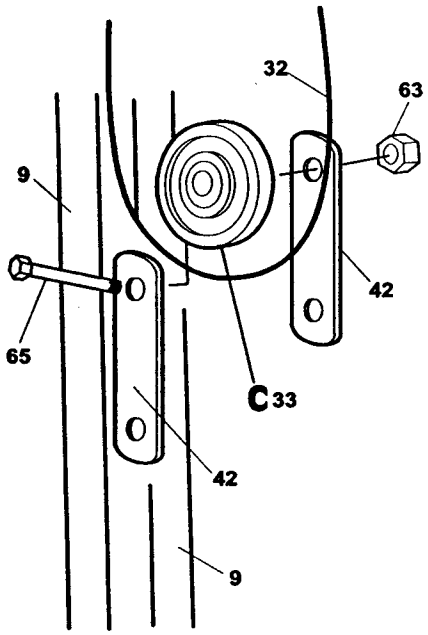


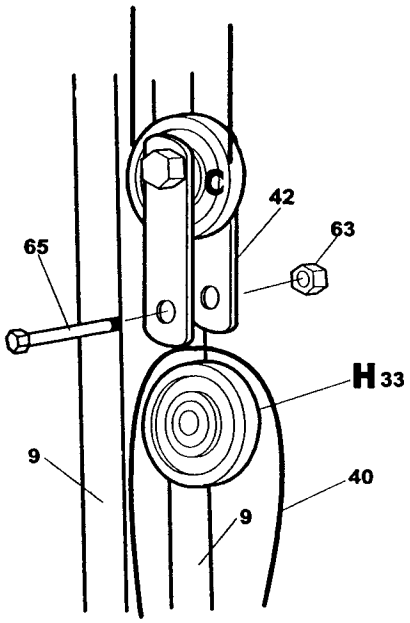


☐ *Assemble the* **88" WEIGHT STACK CABLE (40)** *to the* **SELECTOR TUBE (11).** *First, be sure that the Metal Adjuster Ferrule and Rubber Stopper Ball are positioned to the end of the Cable so the Adjuster Ferrule is between the Ball and the loop end of the Cable. Insert the other loop end of the Cable into the end of the Selector Tube. Position the molded* **PLASTIC GUIDE BRACKET (41)** *so it fits behind the Selector Tube and in front of the* **GUIDE RODS (9).**

☐ *Bolt through the* **SELECTOR TUBE (11), CABLE (40)** *end, and* **GUIDE BRACKET (41)** *with a* **5/16" X 1 1/2" HEX HEAD BOLT (55)** *and a* **5/16" NYLON LOCK NUT (51).**







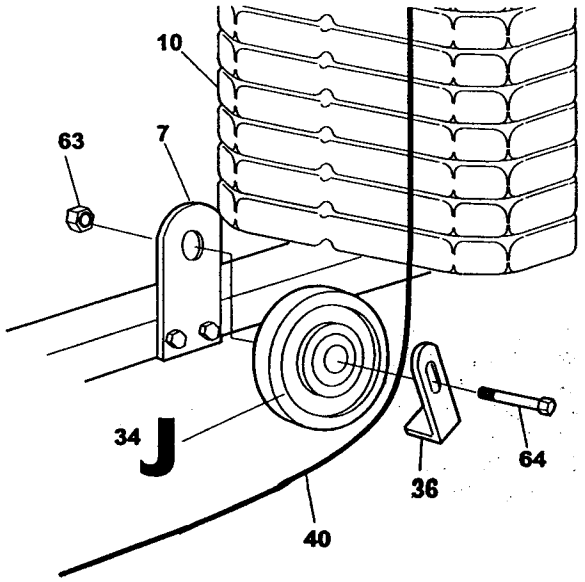
☐ *Select a* **4 1/2" PULLEY (C) (33)** *and two* **5 3/4" LONG FLAT DUAL CABLE CONNECTOR BRACKETS (42).** *With a* **3/8" X 1 3/4" HEX HEAD BOLT (65),** *bolt the Pulley between the Brackets and secure with a* **3/8" NYLON LOCK NUT (63).**

☐ *For a loop in the* **LAT CABLE (32)** *as it comes down through the* **TOP FRAME (12)** *and fit the Pulley and Bracket assembly onto the Cable.*

☐ *Using another* **4 1/2" PULLEY (H) (33),** *sit the* **WEIGHT STACK CABLE (40)** *into the Pulley and bolt the Pulley and Cable between the* **DUAL CABLE BRACKETS (42)** *with a* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *and a* **3/8" NYLON LOCK NUT (63).**

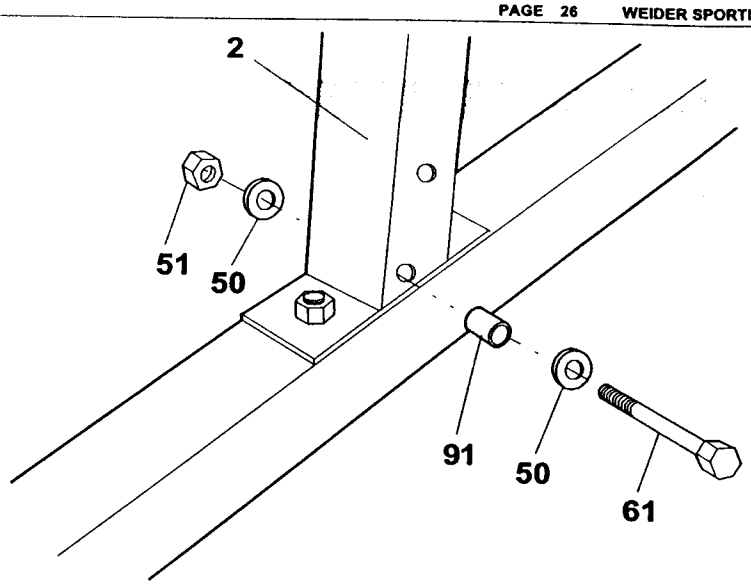
☐ *To assemble the* **LAT CABLE (32)** *and the* **WEIGHT STACK CABLE (40)** *into the* **DUAL CABLE CONNECTOR BRACKETS (42),** *it will be necessary to remove one Pulley from the Dual Cable Connector Brackets by removing a* **3/8" X 1 3/4" HEX HEAD BOLT (65)** *from the assembly. After removing the one Pulley, fit the remaining Pulley and Dual Cable Connector Brackets onto the* **LAT CABLE (32).** *Assemble the* **WEIGHT STACK CABLE (40)** *onto the other Pulley and bolt the Pulley and Cable back into to Dual Cable Connector Brackets.*

☐ *Bring the* **WEIGHT STACK CABLE (40)** *down and select a* **3" LONG "L" SHAPED CABLE TRAP BRACKET (36)** *and a* **3 1/2" PULLEY (J) (34).** *Fit the Pulley over the Cable and align the Cable Trap Bracket to the Pulley so the Bracket holds the Cable into the Pulley. With a* **3/8" X 2" HEX HEAD BOLT (64),** *bolt through the Cable Trap and Pulley and into the* **BASE PULLEY BRACKET (7)** *on the right side of the* **BASE FRAME (1)** *just to the front of the Weight Stack. Align the Cable Trap Bracket at about four o'clock and fasten with a* **3/8" NYLON LOCK NUT (63).**

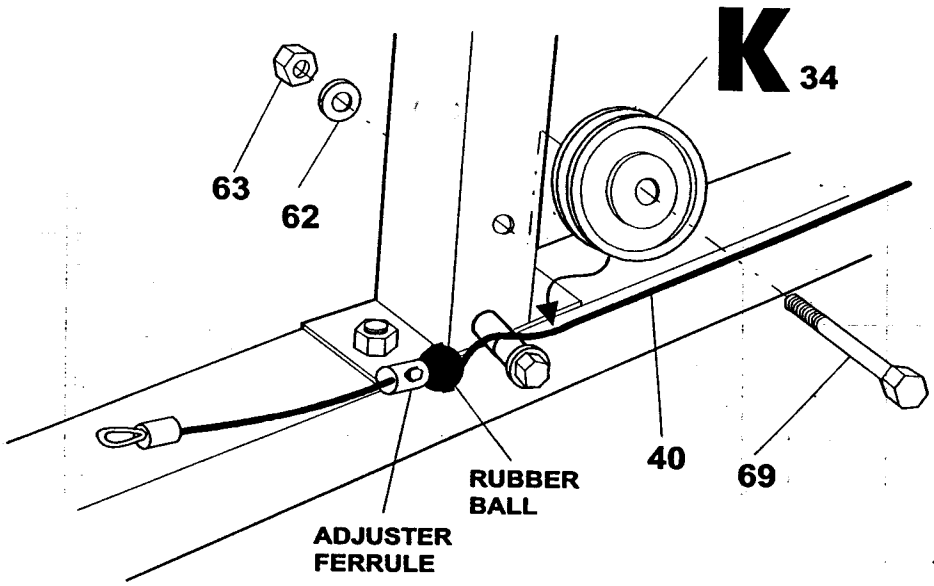


☐ **SPECIAL NOTE:** *The above pre-assembly of the* **3 1/2" PULLEY (J) (34),** *the* **CABLE TRAP BRACKET (36)** *has been assembled only finger tight so that the* **WEIGHT STACK CABLE (40)** *may be assembled into the Pulley at this time. Assemble the Cable into the Pulley and tighten this assembly.*

☐ *Put a* **5/16" FLAT WASHER (50)** *and a* **1/2" X 1" LONG METAL SPACER (91)** *onto a* **5/16" X 3 1/2" HEX HEAD BOLT (61)** *and assemble the Bolt through the Bolt hole at the low front position of the* **ARM PRESS UPRIGHT (2).** *Fasten with another* **5/16" FLAT WASHER (50)** *and* **5/16" NYLON LOCK NUT (51).**

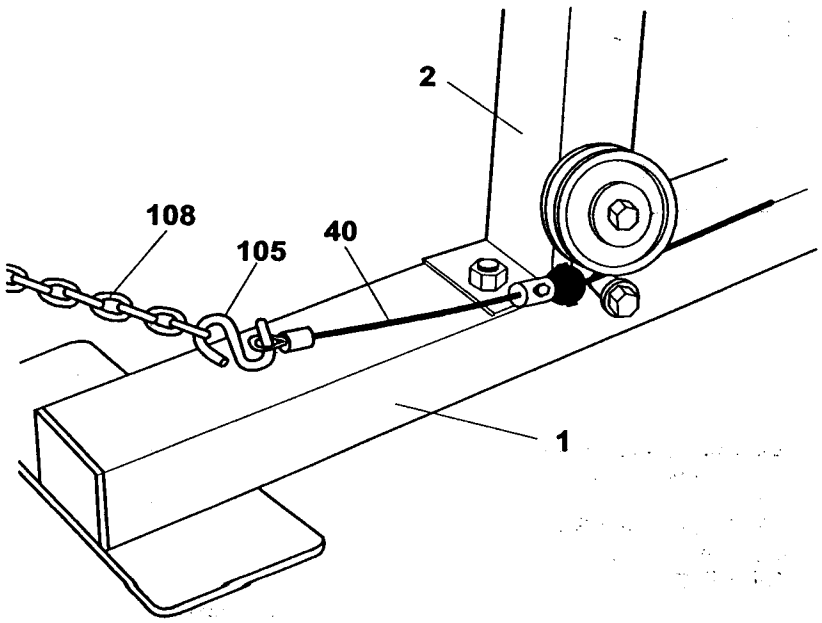


☐ *Bring the Cable forward and using a* **3/8" X 3 1/2" HEX HEAD BOLT (69),** *attach a* **3 1/2" PULLEY (K) (34)** *to the base of the* **ARM PRESS UPRIGHT (2)** *so the Cable is seated in the Pulley groove. Bolt through the Pulley and Upright and secure with a* **3/8" FLAT WASHER (62)** *and* **3/8" NYLON LOCK NUT (63).** *The Cable should be trapped between the Pulley and the previously assembled Bolt and Spacers.*



☐ *Check to see that the entire Cable run is seated into the Pulleys and pull the slack out of the Cable system from the front low Pulley position. Slide the Stopper Ball and Adjuster Ferrule tightly against the low Pulley and tighten the set screw in the Adjuster Ferrule tightly so it can not slip.*

☐ *Using a* **12" LONG LINK CHAIN (108),** *connect the* **WEIGHT STACK CABLE (40)** *to the* **2" EYE-BOLT (49)** *on the* **LEG EXTENSION (19)** *with two* **"S" HOOKS (105).** *Connect the "S" Hook into the Chain link that provided good Cable tension.*



STEP 9 DIP STATION ASSEMBLY

PART NAME	QTY
50 5/16"FLAT WASHER	4
51 5/16" NYLON LOCK NUT	4
53 5/16" X 2 3/4" HEX HEAD BOLT	2
58 5/16" X 2" HEX HEAD BOLT	2
70 1/4" FLAT WASHER	6
72 1/4" X 2 1/2" ROUND HEAD SCREW	2
75 1/4" X 2" ROUND HEAD SCREW	4
84 1 1/2" SQUARE PLASTIC INSERT CAP	2
87 1" ROUND PLASTIC INSERT CAP	2

☐ *Cap the front ends of the* **DIP ARMS (43)** *with* **1 1/2" SQUARE PLASTIC INSERT CAPS (84).**

☐ *Attach the* **DIP ARMS (43)** *to the left side of the* **STEPPER UPRIGHT (4)** *with two* **5/16" X 2 3/4" HEX HEAD BOLTS (53)** *and* **5/16" NYLON LOCK NUTS (51).**

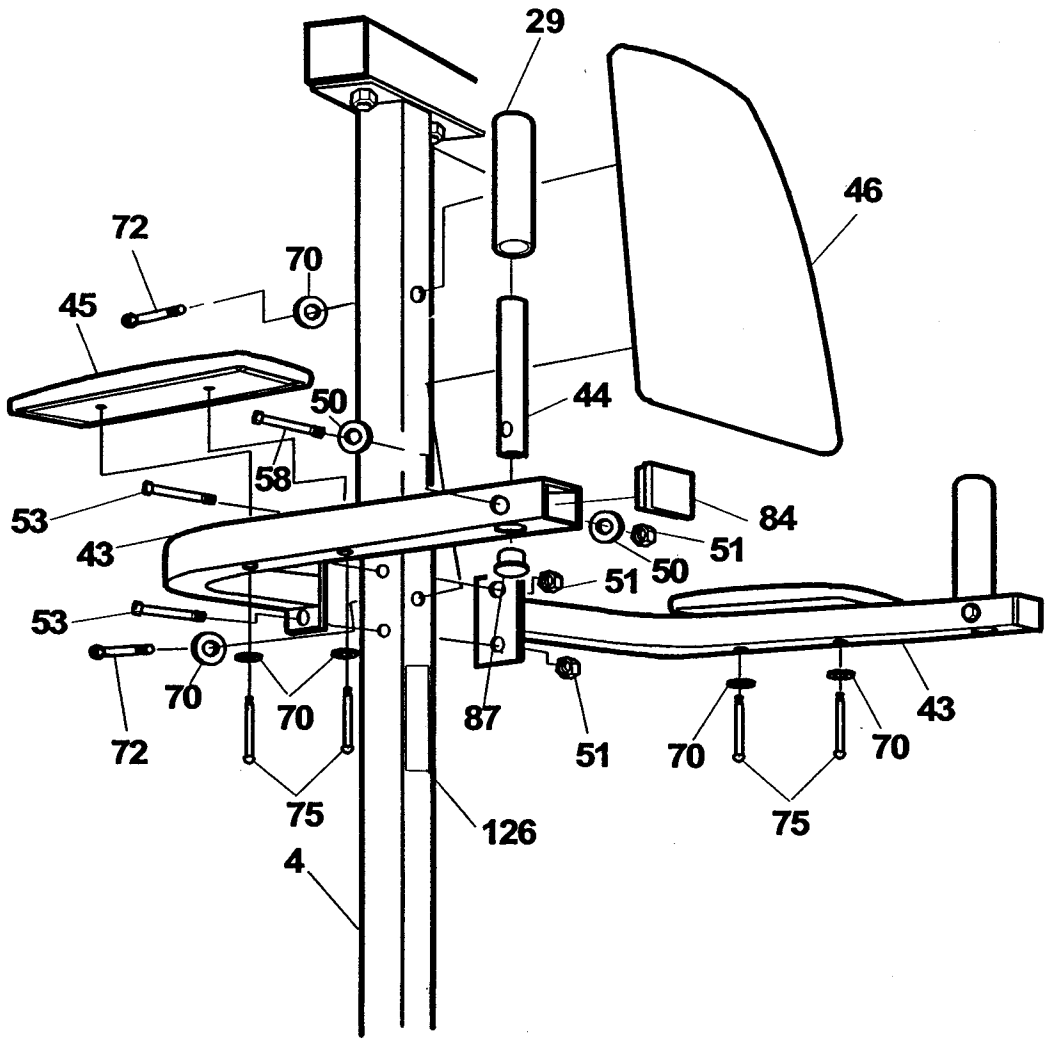
☐ *Press* **5" PLASTIC GRIPS (29)** *onto the ends of the* **DIP HANDLES (44).**

☐ *Bolt the* **DIP HANDLES (44)** *into the* **DIP ARMS (43)** *with* **5/16" X 2" HEX HEAD BOLTS (58).** *First fit a* **5/16" FLAT WASHER (50)** *onto the Bolt and then bolt through the Arm and the Handles. Fasten with another* **5/16" FLAT WASHER (50)** *and a* **5/16" NYLON LOCK NUT (51).**

☐ *Attach* **SMALL ARM PADS (45)** *to the Dip Arms using* **1/4" X 2" ROUND HEAD SCREWS (75)** *and* **1/4" FLAT WASHERS (70).**

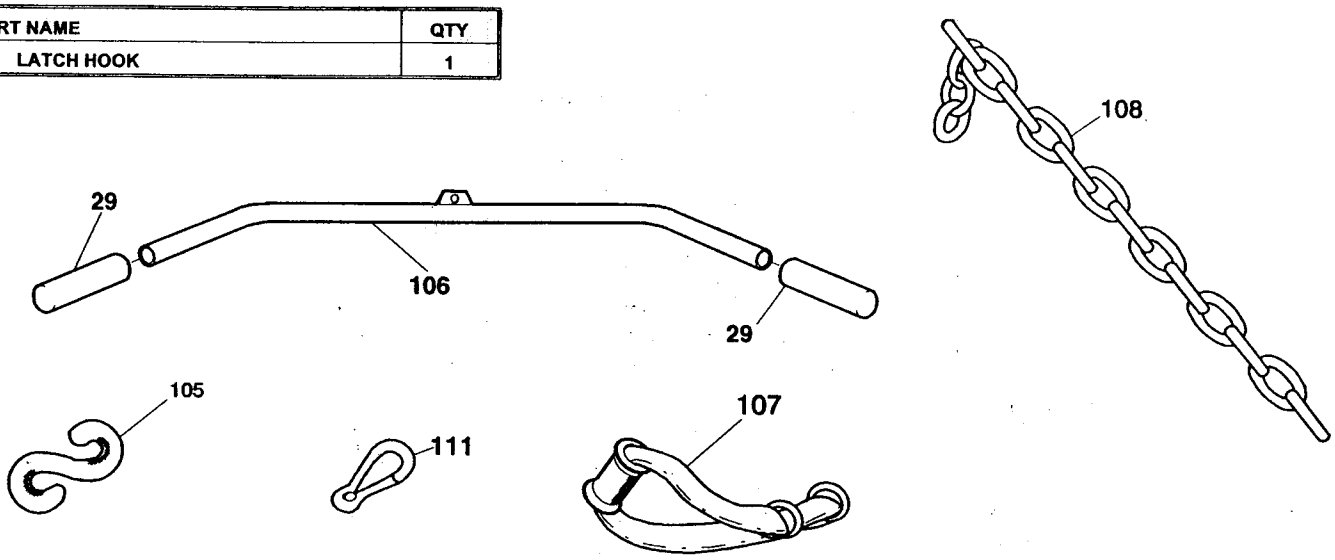
☐ *Assemble the* **DIP STATION BACKREST (46)** *to the* **STEPPER UPRIGHT (4)** *by assembling* **1/4" FLAT WASHERS (70)** *onto two* **1/4" X 2 1/2" ROUND HEAD SCREWS (72)** *and bolting through the back up the Upright and into the back of the Backrest.*

☐ *Remove the* **STATION TWO DECAL (126)** *from the backing sheet and adhere to the* **STEPPER UPRIGHT (4)** *directly under the* **DIP ARMS (43).**



STEP 10 ACCESSORIES

PART NAME	QTY
111 LATCH HOOK	1



LAT BAR:

☐ *Press* **5" PLASTIC GRIPS (29)** *onto the* **LAT BAR (106)** *ends.*

There are two accessories provided with this unit, the **LAT BAR (106)** and a combination **LEG STRAP and ARM CURL HANDLE (107).** These accessories can be used for a variety of exercises at the Top Lat Pull Down Pulley at the top of the gym or the Low Pulley located at the base of the **ARM PRESS UPRIGHT (2).**

Connect the accessories to either location by use of an **"S" HOOK (105).** You can use the **LINKING CHAIN (108)** to extend the length of the **CABLE** also.

SPECIAL FEATURE

This Gym is designed so the Arm Press Station Seat Frame (14) can be easily removed for performing Low Pulley exercises. Simply undo the Seat Knob (101) and remove the Carriage Bolt (56). The Seat Frame (14) will then lift off the Retaining Pin. Disconnect the Linking Chain (108) and lay the Seat assembly to the side.

USING YOUR HOME GYM

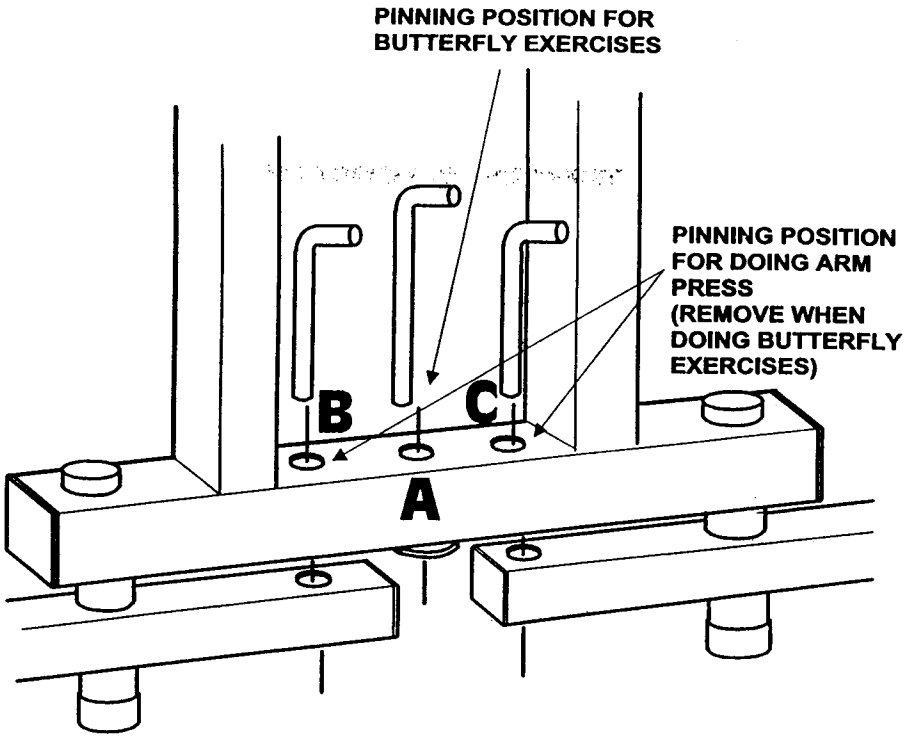
ARM PRESS EXERCISES

The Arm Press Arms are locked in place with "L" LOCKING PINS (78). When doing Arm Press exercises, the Locking Pin in position "A" must be removed and locking Pins should be pinned in position "B" and "c".

BUTTERFLY EXERCISES

When doing Butterfly exercises, insert "L" LOCKING PIN (78) in position "A" through the Arm Press Pivot Assembly and the Support Brace.

NOTE:
"L" LOCKING PINS (78) should always be in position "B" anc "C" for all exercises except Butterfly exercises to keep Cables properly tensioned.



LEG EXTENSION EXERCISES:

To perform 1.) Seated Leg Extensions and 2.) Standing Leg Curls, the Weight Stack Cable should be attached to the Leg Extension by using the 12"Linking Chain and "S" Hooks.

LAT PULL DOWN EXERCISES:

Connect the Lat Bar to the Lat Cable using a Latch Hook. When the Lat Bar is not in use, it should be removed from the Lat Cable and put aside.

LOW PULLEY EXERCISES:

Disconnect the Leg Extension from the Weight Stack Cable. Unscrew the Seat Frame attachment Knob and remove the Carriage Bolt holding the Seat Frame to the Arm Press Upright. Lift the Seat Frame off the set Pin and lay aside.

Connect the Leg Strap/Curl Handle to the Cable at the Low Pulley using a "S" Hook. The Linking Chain can be used to extend the Strap further away from the Frame as needed.

The Lat Bar can also be used at the Low Pulley Station for doing Curls, Rows, and other exercises.

STEPPER:

Bolt the Resistance Cylinders to the Stepper Pedals at your desired resistance setting. The resistance will become greater as you move the Cylinder back toward the end of the Pedal.

When doing Aerobic Stepper conditioning, the object is to take short, fast steps in order to elevate your heart rate and increase the blood flow. The resistance serves two functions, one is to accommodate a wide range of user weight, and the second is to vary the rate of speed needed to keep the Pedals from bottoming out at the end of the stroke.

V.A.F. STATION EXERCISES:

When using the V.A.F./Dip Station, position yourself inside the Dip Arms and grasp the Arms or Dip Handles. As an assist to get up on the Dip Arms, you can step back onto the Stepper Pedal Pivot Tubes, bring your arms atop the Arm Pads then spring up to position. The diagonal Brace at the base of the Upright is not intended to be used as a step.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!

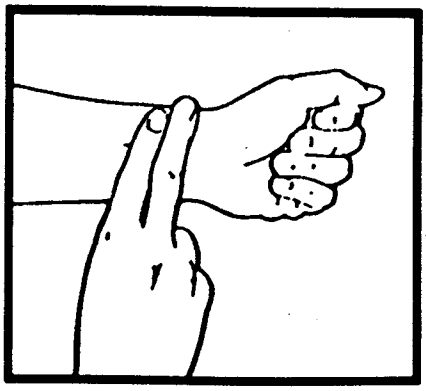
EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.



The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4.COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

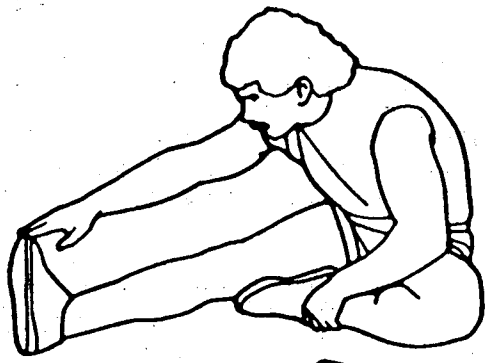
SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin



INNER THIGH STRETCH

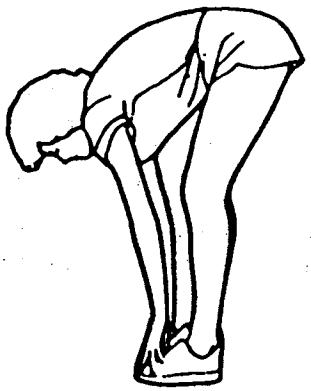
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

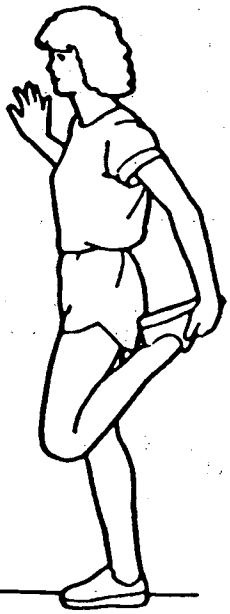
Stretches: Hamstrings, Back of Knees, Back



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles



CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles